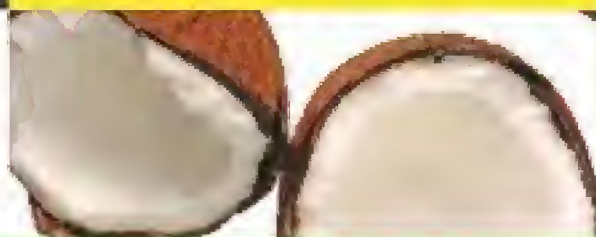


NEW YORK LOTTERY'S
POWERBALL
 JACKPOT IS NOW **\$220 MILLION**
 PLAY NOW!
 nylottery.org
 Please Play Responsibly. ©2011 New York Lottery. Your purchase of 10 games or more for 10 weeks or more is considered a Lottery ticket.



LONDON RIOTS
 SPREAD OUTSIDE CITY
NEWS {page 11}

COCONUT WATER:
 IS IT JUST NUTS?
WELLBEING {page 20}



THE SEXES DO
 BATTLE ON ABC
TELEVISION {page 14}

metro[®]
 #1 FREE DAILY NEWSPAPER
 IN NEW YORK CITY
NEW YORK
 Wednesday, August 10, 2011
 www.metro.us
 Max 89°
 Min 76°

Come Together at the...
Fiesta[®]
in America
Aug. 20-21
 Sat. Aug 20, 12pm-9pm • Sun. Aug 21, 10am-8pm

MEADOWLANDS EXPO CENTER
 SECAUCUS, NJ
 (201) 330-7773
 Trade Exhibitors from the Philippines and the U.S.
 Cultural & Food Festival
 Tickets: \$25 at the door before 5pm; \$30 after 5pm each day • \$3 off w/this ad at the door
philippinefiesta.com

Science. Dancing roaches



► Students at Cooper Union installed wires onto 3-inch cockroaches to get them to scurry and dance to electric pulses and music. {page 04}

Police nab suspect in puny perv sex attacks

► 18-year-old man charged in gropings of a dozen women on Upper East Side ► Cops were looking for suspect who stands 4 feet 11 inches tall ► Former restaurant co-workers say he was 'sweetest kid' {page 06}



CHILDREN FOR MODELING & ACTING

GIRLS AGES 6-21 BOYS AGES 13-21 • SUNDAY, AUGUST 14, 2011

Barbizon graduates have worked with The Gap, Macy's, Toys 'R' Us, Pepsi, the Today Show, Broadway Shows and Films.

****ONE DAY ONLY****

Barbizon

SEE OUR AD ON PAGE: 10



1

In the news

Obama in New York tomorrow

President Barack Obama is expected to be back in the Big Apple tomorrow for a swanky fundraiser. Vogue's editor-in-chief, Anna Wintour, is co-hosting a dinner with HBO power player Harvey Weinstein at Weinstein's home in the West Village. Tickets to the dinner cost \$71,600 per couple. **● METRO/CB**

www.metro.us

ONLINE TODAY

WWW.METRO.US/
ORANGE
WHAT'S YOUR
FAVORITE COOKIE?

WWW.METRO.US/
STYLE
BEST LOOKS FROM
TEEN CHOICE AWARDS

WWW.METRO.US/
WELLBEING
WHY FIDGETING IS
GOOD FOR YOU



Singer's beating puzzles police

► Gavin DeGraw left East Village with broken nose, concussion ► Told police three men attacked him near First Avenue ► Was then hit by cab



► Gavin DeGraw, above in concert, was discharged from Bellevue Hospital yesterday afternoon. He said he has little memory of an apparent attack that left him with a broken nose.

Police are trying to solve the mystery of how singer Gavin DeGraw got a broken nose and concussion early Monday morning in the East Village.

The "I Don't Want to Be" singer, 34, told police he was assaulted by three men sometime around 4 a.m. near Sixth Street and First Avenue after leaving a nearby bar.

Bloody, he reportedly stumbled 13 blocks uptown only to be hit by a taxi cab near 19th Street.

Fuzzy memory

@GavinDeGraw Hi my friends. Honestly, I don't remember much. I only know I can recover from here. Thank u all for your genuine concern. I love u guys.

DeGraw, who lives in New York City, was treated and released for a "concussion, broken nose, black eyes, cuts and bruises," according to his publicist.

An NYPD spokesman said three men assaulted him at 3 a.m. Monday.

A bystander reportedly called 911 after spotting DeGraw stumbling on the sidewalk.

Police do not have suspects or a motive for the assault. Sources told People magazine that DeGraw's murky memory — he'd reportedly been drinking — clouded his recollection of events.

DeGraw owns nearby National Underground

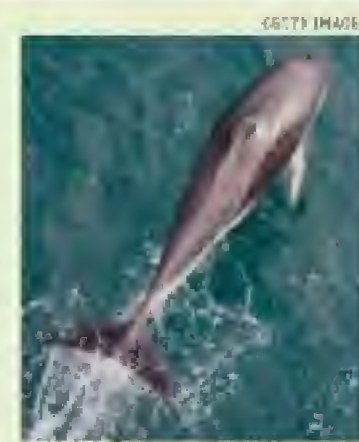
bar on East Houston Street, where People reported that he was seen Sunday.

An employee at Three of Cups on East Fifth Street and First Avenue also confirmed that he frequents that lounge.

DeGraw canceled shows scheduled for last night in Saratoga Springs, N.Y., and Friday in Waukegan, N.Y.



ALISON BOWEN
alison.bowen@metro.us



Dolphins spotted off Bronx

CITY ISLAND. A pod of dolphins was reportedly spotted off the south end of City Island on Sunday, according to a tipster at Gothamist. Surprised to hear of dolphins in New York waters? Don't be, said Sarah Chasis at the Natural Resources Defense Council. The Hudson Canyon — it's like an underwater Grand Canyon — exists just off New York Harbor and nurtures sea life.

● METRO/CB

Dad sues city where kids died

NEWBURGH, N.Y. The father of three children who drowned with their mother when she intentionally drove her minivan into the Hudson River is suing the city where the deaths occurred. Jean Pierre claims the city failed to create proper barriers that would have prevented LaShanda Armstrong from driving her van into the river on April 12, killing all but one of her children. **REUTERS**

Derailment causes commuter delays

An NJ Transit train derailment snarled commutes for thousands yesterday.

A Trenton-bound Northeast Corridor train derailed as it pulled out of Penn Station just after 8 a.m.

There were about 300

passengers aboard the train, but no one was injured in the accident.

The incident caused back-ups all day yesterday. NJ Transit riders endured delays of 60 to 90 minutes getting in and

GET MORE METRO ONLINE:
WWW.METRO.US



out of the city. Amtrak trains between Boston and Washington were de-

layed by up to an hour yesterday morning.

And the congestion even spilled over into the evening trip home: Several LIRR trains were canceled yesterday, and LIRR riders were told they should

brace for cancellations and track changes.

The PATH cross-honored NJ Transit tickets from frustrated riders, but even PATH trains were running at a delay due to higher volume. **● CARLY BALDWIN**

DON'T DROOL ON THIS AD

SAVE THE DATE AND SAVE YOUR APPETITE—
CITY HARVEST'S FIRST ARTISANAL MARKETPLACE EVENT IS GOING TO BE DELICIOUS!

SATURDAY, SEPTEMBER 17, 2011
BROOKLYN BRIDGE PARK'S THE TOBACCO WAREHOUSE
11 AM-4 PM

THE **BR**  **OOKLYN LOCAL**
taste something new

THE BEST OF BROOKLYN'S CULINARY SCENE

- Marketplace: 75+ local, artisanal merchants, 11am-4 pm
- Tasting Tent: 15 of Brooklyn's best restaurants, 12-2 pm
- Interactive Kids Zone, celebrity chef book signings, gift bags and more!

TICKETS:

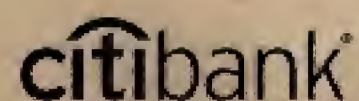
Market Entry: \$5

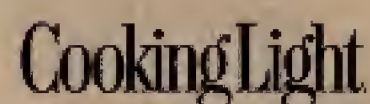
Tasting Tent: \$60

Family Package: \$20 for 2 adults and up to 4 kids

RAIN OR SHINE.

FOR MORE INFORMATION AND TICKETS, VISIT: cityharvest.org/thebrooklynlocal

 citibank

 Cooking Light


CITY HARVEST
cityharvest.org

Science experiment: Dancing robo-roaches

PETA objects to 'torture'

PETA is livid regarding what they called the "torture" of the 3-inch Central American cockroaches.

"Inhumane projects like this one teach students that animals are merely objects to be manipulated," said Justin Goodman at PETA.

But Uglesich defended their research as humane, and said he hopes it can one day help develop neuroprosthetics that can repair retinas and other human organs.

► Cooper Union students control hated pests with pop music ► But PETA says it's just plain critter cruelty

These roaches don't do "La Cucaracha," but they do like Weezer.

Four New York City high school students spent their summer experimenting with roaches at Cooper Union, teaching New York's most hated insect to "dance" to popular music.

Under the tutelage of neuroscience professor Rob Uglesich, the students used remote controls to send electric signals to the bugs' antennae. To make the roach go right, the students stimulate the left antenna.

The roach perceives the electric currents as some sort of obstacle — say, a

"It's stunning that teenagers are being taught to torment animals."

JUSTIN GOODMAN, ASSOCIATE
DIRECTOR OF PETA'S LABORATORY
INVESTIGATIONS DEPARTMENT

wall — and scurries the other way.

The students performed surgery on the roaches, knocking them out with anesthesia before inserting electric receptors into their antennae, as well as their bodies.

Unfortunately, simple electric pulses became ineffective after about 10 min-

utes. The solution? Music.

"The roaches learn to ignore the same sequence of signals," said Uglesich. "Music has more variation to it, so it keeps them moving. A house drum beat would bore them very quickly."

The students altered devices on the roaches to connect to their iPods or computers, letting the insects directly tune in to top hits.

"To get the best results, we have to use a strong bass," said student Dumichel Harley, 15. "They liked it."



EMILY ANNE EPSTEIN
emily.epstein@metro.us



► A roach named Pam is prepped for experimentation by the students. The plastic device on its back connects the roach to the students' iPods.

first responders, it's time someone took care of you.

In honor of 9/11: police, firefighters, EMS and military
\$20 per month for life!*



new york sports clubs®

MySportsClubs.com • 106 tri-state locations

* Must be employed as a police officer, firefighter, EMS worker or by the military. Proof in the form of a valid work ID or military status must be presented at time of purchase. Joining fee and processing fee apply. Sales tax where applicable. Offer valid 8.11.11 – 9.11.11. Other restrictions may apply.

2011

REGISTER TODAY

LIMITED SPACE LEFT!

EDUCATION

THURSDAY, SEPT 8 / 11AM - 6PM
GRAND CENTRAL TERMINAL'S VANDERBILT HALL
750,000 people pass through Grand Central Terminal each day, and it is home to the Metro North regional rail lines, 6 MTA subway lines as well as 13 bus services and airport shuttles.

Participate in a 2011 Education Expo and get face time with potential students and working professionals who are too busy to attend campus open houses or traditional job fairs.

**RESERVE YOUR BOOTH BY:
THURSDAY, SEPT 1**

FOR MORE INFORMATION CALL SHARI WHITE AT
(646) 792-8071 OR E-MAIL AT SHARI.WHITE@METRO.US

EXPO

www.metro.us

MISSED YOUR METRO LATELY?

TO READ TODAY'S AND PAST EDITIONS ONLINE OR TO DOWNLOAD AS A PDF GO TO:
WWW.METRO.US AND LOOK FOR THE LINK TO THE PRINT EDITION




BEYONCÉ

4 INTIMATE NIGHTS
AUGUST 14, 16, 18 & 19
ROSELAND BALLROOM

EXCLUSIVE PRESALE FOR CITI® CARDMEMBERS ON WEDNESDAY, 08/10.

SHOW DATE	CITI PRESALE	PUBLIC ONSALE
08/14	12-1PM	1PM
08/16	1-2PM	2PM
08/18	2-3PM	3PM
08/19	3-4PM	4PM

For information, visit citiprivatepass.com

BUY
TICKETS
AT 



TICKETS AVAILABLE AT LIVENATION.COM, CHARGE BY PHONE 800-745-300 AND SELECT TICKETMASTER LOCATIONS. ALL DATES, ACTS AND TICKET PRICES SUBJECT TO CHANGE WITHOUT NOTICE.
TICKETS SUBJECT TO APPLICABLE SERVICE CHARGES. TICKET LIMIT PER ACCOUNT VARIES BY CONCERT. SEE WWW.CITIPRIVATEPASS.COM FOR DETAILS.
CITI AND CITI WITH ARC DESIGN ARE REGISTERED SERVICE MARKS OF CITIGROUP INC.

**FREE
WORKSHOP
AUGUST 23-26**

**6 Years
as a NY Times
Bestseller**

Robert Kiyosaki

Robert Kiyosaki
Investor, Entrepreneur,
and Educator

Robert Kiyosaki will not attend this event

My Latest Book,
**UNFAIR
ADVANTAGE**
The Power of Financial
Education



STOP WORRYING ABOUT MONEY!

COMING TO **NEW YORK CITY AND
SURROUNDING AREAS ON AUGUST 23RD-26TH**

I believe what is happening to our economy right now is NOT a "normal" cycle of recession, but a radical change that could wipe out the Middle Class and leave us with a society of only rich and poor.

DO YOU WANT TO BE RICH OR POOR? NOW YOU HAVE THE POWER TO CHOOSE

A crisis like this is really your biggest opportunity because all the losers give up. And the playing field is left wide open to people who understand "The New Rules of Money." The winners will be people like you. That's what my Rich Dad Education™ training team will show you at a FREE "Learn to Be Rich" Workshop.

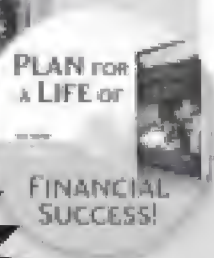
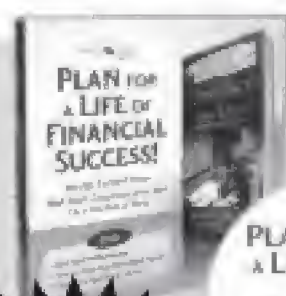
DON'T PANIC - GET PREPARED!

What this current recession has made crystal clear is that the rich have an unfair advantage, because it's not what they HAVE – it's what they KNOW that matters. The good news is that you can put this same unfair advantage to work for you!

**Our FREE "Learn to Be Rich" Workshop is created for
you to begin to get the knowledge you need to**

- Become Financially Smarter
- Create Income
- Build Long-term Cashflow
- Rescue Your Retirement

This could be the turning point in your life... Even if you don't have money today!

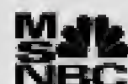
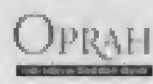


SCAN NOW!

TO WATCH AN EYE-OPENING
VIDEO ON YOUR SMART PHONE!



Robert Kiyosaki has appeared on:



**GET THIS
FREE GIFT!**

"Rich Dad's Plan
For Financial
Success"

ACT NOW! SEATING IS LIMITED CALL

1-800-406-1998

Or Log On To **www.RichDadTakeCharge.com**

Results from programs are based on individual effort and other factors. Additional products and services will be offered for sale. Robert Kiyosaki will not attend this event. © 2011 Rich Dad Education. All rights reserved. The Rich Dad word mark and logos are owned by Rich Dad Operating Co., LLC and any such use is under license. Rich Dad Education and Learn to be Rich are trademarks of Rich Dad Operating Co., LLC. CNN, OPRAH, MSNBC and Larry King Live logos are owned by their respective trademark holders. 11RDE0250-V1 8-11

06

www.metro.us

WEDNESDAY, AUGUST 10, 2011

ALISON BOWEN/METRO



► A reward was offered for information on the serial groper accused of sexually assaulting 12 women. Jose Alfredo Perez Hernandez was arrested yesterday in connection with the crimes.

Police arrest 'puny perv' suspect in Queens via tip-off

Upper East Side women can breathe a little bit easier: A suspect who police believe to be the same man who terrorized them for months is finally behind bars.

Police said they have arrested the man who allegedly attacked 12 women on the Upper East Side. The first attack happened in January, but the most recent was last Friday in Central Park.

Cops said Jose Alfredo Perez Hernandez, 18, was arrested Monday after a building superintendent tipped them off. The super reportedly recognized Hernandez after seeing a photo that resembled him in a



newspaper.

Hernandez worked as a dishwasher at Antonucci Cafe in the building he maintained on East 81st Street, the super told police.

Police then tracked his

cell-phone number to a Queens apartment.

Restaurant workers at Antonucci confirmed to Metro that Hernandez worked alongside them for about six months before leaving a few weeks ago.

"Everyone loved him," a waiter told Metro. "He's the sweetest kid we have here."

For months, a 4-foot-11 man targeted women uptown, sneaking up behind them and groping them. Dubbed the "puny perv," he created fear among female walkers and joggers.



ALISON BOWEN
alison.bowen@metro.us

News in brief

Williamsburg multiplex

WILLIAMSBURG. Construction has begun on Grand Street and Driggs Avenue for the neighborhood's first multiplex. The movie theater will feature seven screens, seat up to 250 people and

play a mix of art-house and blockbuster flicks. Harvey Elgart, who also runs Cobble Hill Cinemas, told the Village Voice that the theater will open in approximately nine months. **● METRO/EAE**

Cat burglar falls to death

UPPER EAST SIDE. A would-be cat burglar plunged to his death early Monday

morning after falling six stories from an outdoor terrace at 304 E. 91st Street. Witnesses told DNAInfo that the man tried to force his way into the home at about 10 a.m. A police source confirmed that the man, described as in his 20s, "got spooked" after being spied by a resident. He fled across a rickety wooden shaft to another building and fell. **● METRO/EAE**



NEVER STOP



EXPLORING

THE
NORTH
FACE

PHOTOS: KEITH LANDRISKI



**Buy any daypack by The North Face from City Sports
priced \$79.00 or above and receive a \$10 iTunes® Gift Card***

*Offer only valid on The North Face daypacks priced \$79.00 and above. While supplies last. One iTunes® gift card per qualifying bag.
Not valid towards previous purchases. Apple is not a participant in or sponsor of this promotion.

64 WEST 48TH STREET (between 5th and 6th)
390 5TH AVENUE (at 36th Street)
Explore THE NORTH FACE 24/7 @ citysports.com

**CITY[®]
SPORTS**

Making New York home after fleeing Iraq

- Received death threats in Iraq for helping Americans
- Thousands more like her are stuck in limbo, says NY refugee group, which helps get them to safety in the US

When Alaa Majeed fled Iraq, she could not even tell her two children that she was leaving.

She arrived at JFK airport in 2007, forced out of her home country amid death threats for helping Americans.

Majeed, 36, is one of thousands of Iraqis threatened for associating with Americans — and one of the few now in safety.

The Manhattan-based Urban Justice Center resettles refugees all over the U.S. Their Iraqi Refugee Assistance Project has helped 400 Iraqis since 2008, with the help of Columbia University and New York University law students.

Majeed worked as a translator and journalist; but, in the midst of sectarian violence, her fellow Iraqis considered anyone

Getting to safety

The immigration process should be quicker to speed people to safety, said Betsy Cooper at the Iraqi Refugee Assistance Project. Security checks can take years, she said. "It is a huge problem. ... Most of our clients seem to be in limbo at the moment," she said.



► Alaa Majeed, seen here in Brooklyn, is concerned about her parents, who remain in Baghdad and still receive death threats because of her work. She is trying to get them to the U.S.

62,000

Iraqis have applied to enter the United States

29,000

Out of the Iraqis who applied, 29,000 worked for Americans or are family members of people who helped Americans.

helping America a spy.

She was nearly kidnapped, and a close friend was kidnapped and killed.

"Everybody was asking me to quit," Majeed told Metro. "My mother was crying every morning."

Majeed fled to Jordan in 2005, kissing her children, 6 and 4, goodbye while they slept. They eventually came to the U.S., as well.

She now lives in Brook-

lyn, where she is trying to get used to a city of car honks and stuffed sidewalks. Adjustment to her new life has not been easy, she said.

"I'm just here in shock," she said. "In a crowd, when I hear a shot it just takes me to exactly where I was and I think there is a militia."



ALISON BOWEN
alison.bowen@metro.us

Mark Lost *30 lbs. of Pure Fat in 30 Days! - You Can Too!

Visit our web site and see his and other stories

This Could Be You! Be Our Next Success Story!



Real Person on Program - Barry C.

- ✓ No Dangerous Drugs
- ✓ No Powdered Drinks
- ✓ No Shots
- ✓ Just Real Food
- ✓ Real Results

*Although typical, your results may vary

**MINIMAL EXERCISE REQUIRED
CLINICALLY SUPERVISED
SAFE & EFFECTIVE**

**Body Composition
Full Analysis
Only \$50! This Week Only**

Normally \$100. Includes body measurement, body fat percentage and nutritional plan advice. We offer 4, 6 and 12 week programs and the best possible results!

NycWeightLossDoctor.com

212-346-2030

122 Fulton St., 6th Floor, NYC - Dr. Howard Goodman, D.C.

Accessible By the Following Trains: 1 2 3 4 5 6 A C E J Z

Created by NY Wellness Solutions, Inc.

alpari

Forex trading. Worldwide.

Forex trading on

MetaTrader 4



The MetaTrader advantage:

One of the most popular Forex trading platforms in the world. MT4 is renowned for its advanced charting package and user-friendly interface. Trade on MT4 with one of the largest MT4 brokers!

- Advanced charting and analysis package
- Free Alpari research tools
- \$250 minimum deposit
- Competitive spreads
- VPS hosting*

Alpari (US) is dually registered with the the Commodity Futures Trading Commission ("CFTC") as a Futures Commission Merchant and a Retail Foreign Exchange Dealer and has been a member of the National Futures Association ("NFA") since 2007, Member ID: 0379678. Trading foreign exchange, commodity futures, options, precious metals and other over-the-counter or on-exchange products carries a high level of risk and may not be suitable for all investors.

* VPS service is provided by GallentFX

alpari-us.com/mt4 +1.646.825.5760

STARTS TODAY!

BUYING 3 DAYS ONLY!

FOR IMMEDIATE CASH

TODAY WEDNESDAY, AUGUST 10th thru FRIDAY, AUGUST 12th!

Starts Today at The Renaissance Hotel in Manhattan Times Square and Tomorrow at The Marriott Brooklyn Bridge.

Jewelry, Gold & Silver Bars, Watches, Coins, Precious Metals, Sterling Silver and Diamonds!

WHY NOW IS A GOOD TIME TO SELL!

The economic downturn of the last few years has caused the price of gold, silver and many commodities to their highest levels in over 30 years. This is the best time in decades to sell your unused gold, silver, platinum and diamond jewelry at the highest prices ever.

DIAMONDS

Instant Cash For:

1/4 Carats.....	Up To.....	\$375
1/2 Carats.....	Up To.....	\$1,500
1 Carats.....	Up To.....	\$4,250
2 Carats.....	Up To.....	\$15,250
3 Carats.....	Up To.....	\$20,000
4 Carats.....	Up To.....	\$35,000
5 Carats.....	Up To.....	\$43,000
6 Carats.....	Up To.....	\$55,000

We Need Larger Diamonds! 2 Carats and Up!

We buy all shapes, sizes & styles of cuts. Also diamonds with or without GIA certificates as well as old miners and European cuts. Bring your items in for a FREE EVALUATION!

STERLING SILVER

All Time Periods, Kinds & Types

We will pay up to for the following:

Centerpieces.....	Up To.....	\$3,500
Claret Jugs.....	Up To.....	\$750
Epergnes.....	Up To.....	\$8,000
Full Flatware Set.....	Up To.....	\$8,500
Punch Bowls & Sets.....	Up To.....	\$5,000
Single Flatware Items.....	Up To.....	\$750
Tea Sets.....	Up To.....	\$10,500
Trophies.....	Up To.....	\$1,500

We Buy Any Type of Sterling Silver!

We purchase sterling silver of all types and makers. Rare and unusual items command the highest prices.

SILVER DOLLARS

Wanted Rare Dollars!

1794 to 1803	1840 to 1873	1878 to 1904
1836 to 1839	Trade Dollars	1921 to 1935

Your Coins Could be Worth Up To Hundreds — Even Thousands!

Check your items to see if you own any of these valuable coins:

1798 15 Stars obverse.....	Up To.....	\$25,000
Gobrecht reeded edge d/e alignment.....	Up To.....	\$5,500
1873CC Liberty Sealed.....	Up To.....	\$5,500
1878CC.....	Up To.....	\$15,500
1888CC.....	Up To.....	\$13,500
1928.....	Up To.....	\$5,500

FINE JEWELRY

All Kinds, Time Periods & Types

We will pay UP TO the following for rare & collectible jewelry:

Silver Jewelry.....	\$750	Art Deco.....	\$13,000
Brooches.....	\$15,500	Cuff Links.....	\$1,000
Pendants.....	\$8,000	Pins.....	\$5,500
Necklaces.....	\$26,000	Rings.....	\$16,000
Cocktails Rings.....	\$15,500	Art Nouveau.....	\$12,500
Charm Bracelets.....	\$5,500	Lavalieres.....	\$8,000
Earrings.....	\$10,500	Garnets Jewelry.....	\$1,000
Bracelets.....	\$13,000	Bakelite Rings.....	\$750
Cameos.....	\$750	Floral Design.....	\$10,500
Victorian.....	\$10,500		

We need your jewelry items!

Bring in your unwanted jewelry in any condition for a free evaluation and a cash offer today!

We pay more for rare items. Many more items not listed accepted!

GOLD COINS

Wanted Rare Gold Coins!

United States

*\$1.00 1849 to 1889	*\$5.00 1795 to 1833	*\$10.00 1795 to 1804
*\$2.50 1796 to 1834	*\$5.00 1834 to 1838	*\$10.00 1839 to 1932
*\$2.50 1840 to 1929	*\$5.00 1839 to 1908	*\$20.00 1850 to 1893
*\$3.00 1854 to 1889	*\$5.00 1908 to 1929	

Your Coins Could be Worth Up To Hundreds — Even Thousands!

*Check your items to see if you own any of these valuable coins:

\$1.00 1849C.....	Up To.....	\$10,500
\$2.50 1796 Capped Bust large left side.....	Up To.....	\$18,000
\$2.50 1841 Quarter Eagle Liberty Head.....	Up To.....	\$5,000
\$3.00 1854D.....	Up To.....	\$10,500
\$5.00 1795 Small Eagle.....	Up To.....	\$52,000
\$5.00 1838D.....	Up To.....	\$10,500
\$5.00 1842C Small Date, 1861D, 1864S.....	Up To.....	\$5,500
\$5.00 1909O, 1929.....	Up To.....	\$6,500
\$10.00 1798 13 Leaves Below Eagle, 1795 9 Leaves Below Eagle.....	Up To.....	\$20,500
\$10.00 1859O, 1863S, 1875.....	Up To.....	\$8,000
\$20.00 1856O, 1854O, 1860O, 1861S, 1870CC, 1886, 1891.....	Up To.....	\$10,500

Satisfied Customer Testimonials

Really like it here! Everyone is very kind, great atmosphere. I have been back 4 times!

— C. Fine

I have been here 2 times and both times the people that work here were very friendly. I would

definitely recommend this to my friends!

— J. Goss

It was really fast!

— A. Davis

I heard about this store from the radio and so now so I got

the chance I came to sell my unused jewelry. It was a great & friendly service and I will be back!

— J. Stork

My service was exceptional!

— C. Stork



Free Admission • No Appointment Necessary
Safe & Secure • Onsite Security

www.rapidcashforgold.com

GOLD

All Types Needed. Instant Cash For:

Pay up to for the following:

Chains & Necklaces.....	Up To.....	\$250
Class Rings.....	Up To.....	\$500
Charm Bracelets.....	Up To.....	\$5,500
Wedding Bands.....	Up To.....	\$250
Mountings.....	Up To.....	\$750
Antique Items.....	Up To.....	\$5,500
Single Flatware Items.....	Up To.....	\$750
Dental Gold Items.....	Up To.....	\$500
Coins & Bullion.....	Bring for quote	
Scrap Gold.....	Bring for quote	

We Buy Anything Made of Gold or Platinum, Even Broken or Damaged!

SILVER COINS

Paying Up To 2000% of Face Value. 1964 or Prior.

SAFE & SECURE!

All items are reviewed in our private, safe and secure viewing show rooms.

WRIST & POCKET WATCHES

All Kinds, Time Periods & Types

Rare Watches Worth a Fortune in Cash! Pay up to for the following:

A. Lange.....	\$25,500	Gallet.....	\$1,250	Tiffany & Co.....	\$15,000
Audemars piguet.....	\$32,500	Gubelin.....	\$42,500	Ulyssee Nardin.....	\$10,000
Ball.....	\$4,000	Hamilton.....	\$500	Vacheron & Constantin.....	\$26,000
Breitling.....	\$15,000	Illinois.....	\$1,500	Chronograph Watches.....	\$16,500
Cartier.....	\$12,500	Jules Jurgenson.....	\$16,000	Ladies Watches.....	\$11,000
Corum.....	\$3,000	LeCoultre.....	\$6,000	Musical Watches.....	\$37,500
Dishiem.....	\$14,000	Longines.....	\$13,000	Pocket Watches.....	\$52,500
Dudley.....	\$11,500	Movado.....	\$2,500	Regular Watches.....	\$11,000
E. Howard & Co.....	\$12,000	Omega.....	\$2,500	Repeating Watches.....	\$65,000
Elgin.....	\$750	Roxley.....	\$16,000	Stop Watches.....	\$11,000
Frodsham.....	\$12,000	Seth Thomas.....	\$1,500	World Time Watches.....	\$37,500



Breitling
Up To \$15,000



Rolex - All Kinds
Up To \$16,000



Pocketwatches
Up To \$52,500



Cartier
Up To \$12,500



Longines
Up To \$13,000

PLEASE NOTE:
We also purchase watches that are NOT in working order.

Our Aim is to Beat Most Offers!

We Strive to Beat All Legitimate Written Offers

Before bringing your items to us, take them to other dealers. Have them give you legitimate offers in writing. Then bring your jewelry and written offers to one of our locations. Although no one can guarantee with certainty they are paying the highest price for an article at any particular time, we will strive to beat most legitimate written offers.

Why We Can Usually Pay More Than Other Dealers

Most jewelers and dealers specialize in few items and focus on newer looking items to resell. Because they are unfamiliar with many other items including vintage jewelry, old watches, coins, flatware, etc. they tend to offer very low prices because these items are not readily saleable for them. Our company has many specialized buyers for the various classifications of items that we purchase, therefore we can usually pay more.

A Note Regarding the Up To Prices listed in this Ad

The condition and rarity of an item determines its price. If an item is in excellent condition and very rare it might be worth the up to price, or even more. However, if an item is in poor condition, the value will be lower. For example, a 1927 S Quarter could be worth \$7,000 in new condition or less than \$20 in poor condition. The up to price reflects items of exceptional quality and rarity. Although it is unlikely you will have these items due to their extreme rarity, feel free to bring whatever items you may have and we will evaluate them free of charge.

Customer Satisfaction

Most of our business comes from satisfied customers and referrals which includes their friends and families. Our showrooms are safe and private. Our staff is courteous and professional and we strive as a company to make your selling experience a pleasant one.

3 DAYS ONLY! TODAY THRU FRIDAY AT THESE LOCATIONS!

Today Wednesday, August 10th: 11AM-6PM

Tomorrow Thursday, August 11th: 11AM-6PM

Friday, August 12th: 11AM-6PM

RENAISSANCE HOTEL IN MANHATTAN TIMES SQUARE

714 7th Ave. at West 48th Street • New York, NY 10036

METROPOLIS SUITE

Tomorrow Thursday, August 11th: 11AM-6PM

FULTON FERRY SUITE

Friday, August 12th: 11AM-6PM

CONY ISLAND SUITE

MARRIOTT BROOKLYN BRIDGE

333 Adams St • Brooklyn, NY 11201

(Between Tillary & Willoughby St)

911.METRO.US



YOUR SITE FOR 9/11 NEWS
ADD YOUR OWN TRIBUTE
AND MEMORIES

Verizon seeks injunctions against strikers

Verizon Communications Inc. has sought court injunctions to prevent striking workers from blocking access to the company's facilities, a spokesman said on the third day of a strike involving almost half of the company's wireline employees.

Two unions representing 45,000 workers called a strike on Sunday after a labor contract expired and several weeks of talks for a new contract failed. **REUTERS**



► Things were looking up a bit on the floor of the New York Stock Exchange yesterday.

Apple briefly takes top spot

Apple Inc. briefly edged past Exxon Mobil Corp. yesterday to become the most valuable company in the U.S. after days of volatile stock market ac-

tion. The technology giant's market value rose to \$341.5 billion, just above Exxon's \$341.4 billion, even though the oil major's annual revenue is four times that of Apple's. Exxon quickly regained the No. 1 spot. **REUTERS**

Wall Street roars back in wild trade

► Fed says economy weakened, to keep rates low for two years ► Apple gets brief moment in the spotlight

Stocks rallied yesterday in a volatile session as investors struggled to decipher the Fed's signals on the economy after a dizzying two-week slide.

Buying accelerated into the close and the S&P 500 posted its best day in more than two years, following a drop of nearly 17 percent over the past weeks.

The market reversed direction six times after a Fed statement that pledged two more years of near-zero interest rates.

Bank shares roared back from recent losses with the KBW capital markets index up 6.7 percent.

"The last three or four weeks, the stock market

1-in-4

The U.S. faces one-in-four odds of slipping back into recession, and a weaker economic outlook is raising the likelihood the Federal Reserve will soon do more to boost growth, a Reuters poll shows.

has really discounted a mild recession," said Mohammad Aama of Beam Capital Management LLC.

"The market has to start factoring in what the response from the Fed and the government will be. There is still a small chance for a fiscal stimulus aimed at job creation. The FOMC statement today was positive for equities." **REUTERS**

Market moment



Dow Jones
+ 429.92
(11,239.77)



Nasdaq
+ 124.83
(2,482.52)



S&P
+ 53.07
(1,172.53)

► Light, sweet crude oil
\$79.30
(- 2.47%)
► Gold contracts
\$1,740.00
(+ 1.76%)

PHOTOS BY AP/WIDEWORLD

Tired of Snoring?
Sleep is not a luxury ... It's a necessity.
Snoring is a shared problem with a single solution.

**MANHATTAN
SNORING&SLEEP
CENTER**

Our specialists only treat snoring and sleep apnea.
Taking a minimally invasive, in-office approach allows you to get quick, safe and affordable treatment, avoid painful surgery and cumbersome masks.

WHY WAIT?
You don't have to live with snoring and its potential health risks.
We can tailor a plan to treat the cause of your snoring, and give you the quality sleep you need.

Call us at 866-352-0602 to schedule your appointment.
Visit us at nycsnoring.com to learn more.

CHILDREN FOR MODELING AND ACTING

****ONE DAY ONLY****

**GIRLS AGES 6-21 BOYS AGES 13-21
SUNDAY, AUGUST 14, 2011**



Barbizon graduates have worked with The Gap, Macy's, Toys 'R' Us, Pepsi, the Today Show, Broadway Shows and Films.

BY APPOINTMENT ONLY

Call: 212-239-1110

Interviews will be held at:

**THE NEW YORKER HOTEL
8TH AVENUE AT 34TH STREET
(ACROSS FROM PENN STATION)**

UNDER 18 MUST BE ACCOMPANIED BY YOUR PARENT

BARBIZON MODELING OF MANHATTAN

Licensed by NYS Ed. Dept

Barbizon

Police swarm streets of London to battle unrest

► Thousands of cops try to keep peace ► Chaos spreads outside city

Riots flared in English cities and towns last night as London waited anxiously to see if thousands of police deployed on its streets could head off the youths who had rampaged across the capital virtually unchecked for three nights.

In Salford, part of greater Manchester in northwest England, rioters threw bricks at police and set fire to buildings. A BBC cameraman was assaulted.

Television pictures showed flames leaping from shops and cars in Salford and Manchester, and plumes of thick black smoke billowing across roads.

In central Manchester, police said a clothes shop was set alight. "I can confirm a shop is on fire and 200 youths that gathered in the city center have been chased by riot police and dispersed. Seven arrests have been made so far," a spokesman for Greater Manchester Police said.

Further south in West Bromwich and Wolverhampton, cars were burned and stores raided.

Community leaders said the violence in London — the worst for decades in the huge, multi-ethnic capital — was rooted in growing disparities in wealth and opportunity. **REUTERS**



► Police walk past a burning shop in Manchester. Recent riots and looting are expanding outside London proper.

Polygamist leader gets life in jail

SAN ANGELO, TEXAS. Polygamist leader Warren Jeffs, who heads a breakaway Mormon sect, was sentenced to life in prison yesterday for sexually assaulting two underage girls he claimed as "spiritual" brides.

The Texas jury of 10 women and two men deliberated for less than an hour before giving him a 99-year, or life, sentence for one charge and 20 years for a second — the maximum for both.

REUTERS

Junk food still stars in TV ads

NEW YORK. Children are seeing fewer sugary, fatty foods advertised on TV — but unhealthy fare still makes up the bulk of food commercials they see, a new study suggests.

What's more, researchers found, children were actually seeing more fast-food commercials in 2009 compared with six years earlier.

Reported in the Archives of Pediatrics & Adolescent Medicine, the study intended to gauge the effects of a voluntary food industry program called the Children's Food and Beverage Advertising Initiative. **REUTERS**



RIGHT NOW ON THE WEBSITE

MOVING OFF CAMPUS MEANS DEALING WITH LANDLORDS AND LEASES, DEPOSITS AND FURNITURE PURCHASES. READ OUR HANDY GUIDE ON HOW TO MAKE IT ALL GO SMOOTHLY.

Start a Career in Healthcare

at the college of Mildred Elley

Graduate in as little as 12 months

- Medical Assistant Associate's Degree
- Clinical Medical Assistant Certificate
- Medical Office Assistant Certificate

We help you succeed

- Day, evening & weekend classes
- Financial aid available for those who qualify
- Earn a GED as part of studies*
- Internship programs and clinical rotations
- Lifetime job placement assistance

* Medical Assistant Associate's Degree only

Get Started Now. Call Today!

(866) 688-3018

www.mildred-elley.edu

25 Broadway, Floor 16
New York, NY 10004

Accredited Member, ACICS

For program details and disclosures
visit mildred-elley.edu/disclosures



MILDRED ELLEY
Career training for today's world.

TELL EVERYONE
—GOLF—
PAID FOR YOUR HOUSE.
EVEN IF IT WAS
just one shot.

Make a Hole In One and win \$1,000,000
Visit nylottery.org for more details
Enter online by August 24th

NEW YORK LOTTERY'S
POWERBALL
Hole in One Sweepstakes



Please Play Responsibly. ©2011 New York Lottery.
You must be 18 years or older to purchase a Lottery ticket.

myentertainment

THE WORD



Metro's **Dorothy Robinson** shares her take on the world of gossip ✉ @dorothyatmetro 📧 dorothy.robinson@metro.us

Why stars fight the passage of time

Look, I'm not going to devote this space to outline my feelings on women, celebrity, and plastic surgery (that would take at least 200 more words than my usual word count). Let's just say: It's a complicated issue. However, what I don't understand is why everyone moans about women in Hollywood getting plastic surgery after a certain age — and why the stars lie about doing so. It's their job to be on top of their body and image and that means extreme exercise, diet, and yes, probably a nip and tuck here and there. They have to fight the passage of time tooth and nail or else they will wake up in their 40s resembling this disheartening photo of poor **Sinead O'Connor**, now 44, and their fans would be kinda freaked out.

On one hand, it's awesome that O'Connor is comfortable with herself and just doesn't give a crap and,



▶ Sinead in 1990 (left) and last month.

www.metro.us

MORE GOSSIP

WWW.METRO.US/WORD
DOROTHY ROBINSON'S
WORD BLOG

really, looks like any normal 44-year-old woman out there. On the other, what happened to that angry little Irish spitfire?! And, perhaps most importantly: Has someone tipped off **Susan Boyle** to the fact that O'Connor raided her closet?

Dirtiest dancing?

You're going to have the time of your life — again. Lionsgate says it is remaking the 1987 film "Dirty Dancing," with original choreographer **Kenny Ortega** taking over as director. Per the press release, Ortega states he is eager to discover and cast "the next breakout triple-threats" to define dancing for a generation, the way Swayze did in the original "Dirty Dancing."

This is a bad, weird idea, Hollywood! What



▶ Way back when.

qualifies as dirty dancing anymore? When 50-year-olds know how to bump and grind, it's a tip-off that it's not as thrilling as it once was.

The truth will set Pitt free

It may have taken six years, but someone is finally saying what everyone suspected: **Brad Pitt** cheated on **Jennifer Aniston** with **Angelina Jolie**, according to a new book by "Mr. and Mrs. Smith" by producer **Arnon Milchan**. "At first, Jen didn't

believe he was involved with Angelina. She started asking around but no one would tell her anything because they were loyal to Brad, so she asked him point blank. He denied it," Milchan reports. "He eventually admitted he was in love with Angelina. Jen was furious and threw him out."

You can still dress like Winehouse

Despite her untimely death last week, **Amy Winehouse**'s clothing collections for Fred Perry will still see the light of day. "When Fred Perry came to us to ask what we would like to do with the new collection it was natural to continue," **Mitch Winehouse**, Amy's father, says in a statement to Women's Wear Daily. "Amy loved working on both collections and would want them to be made available." Proceeds from the first of the two collections will go to the Amy Winehouse Foundation.

Talking points

Undercover Leo

Leonardo DiCaprio and **Blake Lively** brought their undercover romance to Los Angeles, trying to keep things low-key with a dinner date in the east side's Los Feliz neighborhood, according to People magazine. The pair reportedly dined out at the restaurant Umami Burger, where Lively "looked very happy and kept smiling," a source says, adding that DiCaprio appeared to enjoy himself, too. "He gently grabbed her hand at

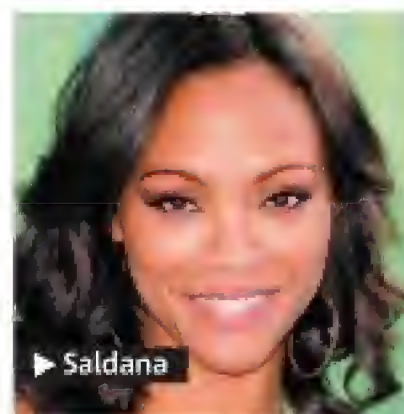


▶ DiCaprio

one point and he seemed very into Blake."

Feeling blue from being blue (literally)

Zoe Saldana admits that the success of "Avatar" was too



▶ Saldana

much for her. "The year after 'Avatar' was just emotionally overwhelming. I was traveling all over the world, waking up in different time zones. Your body gets exhausted, and by the end of the year I just collapsed," Saldana tells Latina magazine. "I was sitting in my hotel room, and I couldn't stop crying. I



▶ Winehouse

couldn't stay awake. I must have slept for an entire month." Things are much better now that Saldana has learned to take some time for herself, though: "I just stay at home and do absolutely nothing," Zoe says. "I don't shower if I don't want to. I don't answer e-mails. It's a healthy way of being selfish."

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Paris Hilton lives it up, Neil Patrick Harris is regretting that play date with Elton John, Tyra Banks isn't convinced, and Conan O'Brien needs to get out more.

▶ @ParisHilton
Midnight in Ibiza, just now on our way to dinner. The night has just begun...

▶ @ActuallyNPH
Terrific. Now, instead of blocks, all the twins are wanting for their birthday is a megayacht.

▶ @tyrabanks
Arguing w/somebody I think is insane. They are saying u can learn ANYTHING on Internet, including learning 2B a heart surgeon! WhatUThink?

▶ @ConanOBrien
Just realized I was reading the Wikipedia page for Steve Urkel. Time to go outside!



Banks



Blanket at 9 years old and other celeb sightings

► **1:** Oh, wow! It's MJ's kids! Prince, now 14 years old, along with 13-year-old Paris and 9-year-old Blanket Jackson appeared with their aunt Latoya Jackson at a Michael Jackson Artwork Donation ceremony at the Children's Hospital in Los Angeles

on Monday.

► **2:** Kelly Rowland performed at 4Sixty6 on Sunday in West Orange, N.J., where she reportedly suffered a "nip-slip." Is it me or does it look like she had a wardrobe malfunction while performing in a VFW basement?

► **3:** Celebrity mug shot time! Here's the booking photo of Antwan Patton, also known as Big Boi of the rap group Outkast, who was arrested on drug possession charges on Sunday in Miami. He had quite

the recipe for a serious party: Ecstasy pills, MDMA powder and Viagra.

► **4:** Anne Hathaway at the "One Day" premiere at the AMC Loews Lincoln Square 13 theater in New York on Monday.

► **5:** While Metro photographer Nicolaus Czarniecki was shooting Nicki Minaj at the TD Garden in Boston on Monday night, he couldn't help but notice the show's opener DJ Pauly D was rocking out right next to him.

www.metro.us

WE WANT YOUR PHOTOS!

SPY A CELEB IN YOUR NEIGHBORHOOD? SNAP SOME PICS AT A GREAT SHOW LAST NIGHT? SEND YOUR SEEN ON THE SCENE PHOTOS TO THEWORD@METRO.US AND WE'LL PRINT THE BEST ONES HERE.

► **6:** Take it off, Moz! Morrissey performed onstage at Brixton Academy in London on Sunday.

► **7:** Mini-me? Ben Stiller and Jesse Eisenberg at the after-party for the premiere of "30 Minutes or Less" in Los Angeles on Monday.

► **8:** Katie Holmes and Tom Cruise catch "Don't Be Afraid of the Dark" on Monday in New York.

1. VALERIE HANCOCK/GETTY IMAGES
2. DAVID J. PHILLIPS/GETTY IMAGES
3. VIA GETTY IMAGES
4. LARRY BUSACCA/GETTY IMAGES
5. NICHOLAS CZARNIECKI/METRO
6. JIM DISBROW/GETTY IMAGES
7. KEVIN WINTER/GETTY IMAGES
8. RAY TAMARA/GETTY IMAGES

myentertainment

TV watch list



'So You Think You Can Dance'

REALITY. The final four make a move for the title by, well, showing us their moves one last time. More importantly, they show guest judges Katie Holmes and director/choreographer Kenny Ortega (Michael Jackson's "This Is It"). The "SYTYCD" champ will be crowned tomorrow night. **Season finale, 8 p.m., Fox**

'Toddlers & Tiaras'

REALITY. Eden defends her title at the Rumble in the Jungle in Louisville, Ky. — taking out competitors with her fake eyelashes of death and feathered boa whip. Or by prancing around like an oversexed little doll, whatever. Season finale, 10 p.m., TLC **AMBER RAY**

MTV2
Must-see

This Sunday on Sucker Free Countdown, DJ Envy counts down the top hip-hop videos of the week, releases the latest Sucker Free news and more. Watch Sucker Free Countdown this and every Sunday at 11 a.m., only on MTV2.

SPONSORED BY



Empowered women vs. unmanly men on ABC

► **Live from TCA press tour: Why does it seem like everyone on the network is fighting to define themselves?**

"We are known for creating storytelling with empowered women," ABC Entertainment Group President Paul Lee said of his network at the Television Critics Association press tour on Sunday. He cited hits "Desperate Housewives" and "Grey's Anatomy" as examples — along with new additions to the ABC schedule, "Charlie's Angels," a remake about the famous trio of butt-kicking women, and "Pan Am," following flight attendants in the 1960s. Yet ABC will also premiere new comedies "Man Up!" and "Last Man Standing," which

both attempt to address a perceived demasculinization of American men.

What gives? Why is the dissection of gender roles suddenly at the forefront of the network's lineup?

"It's the job of television, and has been since we started, to look at the plight of men, to look at the plight of women. And I think we look at it in very different ways," Lee insists. "It's our job to create television that questions how people feel in the world."



AMBER RAY
amber.ray@metro.us



► Is something on fire? "Last Man Standing" star Tim Allen is a "real man" — he can fix it!

READ MORE ONLINE

THE TELEVISION CRITICS ASSOCIATION PRESS TOUR,
A MEETING OF JOURNALISTS AND NETWORKS
TO PREVIEW NEW AND RETURNING SERIES,
KICKED OFF WEDNESDAY. FOLLOW OUR COVERAGE
ONLINE AT WWW.METRO.US/TV
AND ON TWITTER: [@AMBERATMETRO](https://twitter.com/AMBERATMETRO).

"THE BEST FILM OF THE YEAR!"

"CAPTIVATING!"

"NOT TO BE MISSED!"

"A MUST-SEE!"
Forty Tuskies
 (A-KONG PICTURES)

"BRILLIANT!"

**"POIGNANT
AND
HILARIOUS!"**
More Baking: FOX-TV, 10/14/11

"EXCEPTIONAL!"
Steven Edwards, FOX-TV

Breathtaking!
Gayle Forman, ABC-TV'S *CRAWFORD*



Midweek Meditation in Midtown Manhattan

Every Wednesday
from 6:30 pm to 8:00 pm

**At Seventh floor offices of YT Resolution
(597 Fifth Ave., bet 48th & 49th)**

Happy Science, a spiritual movement with 12 million followers in 70 countries, is holding a new guided meditation program with a lively discussion and an animated feature that focuses on stress-free living. Join us to learn practical and beneficial meditation techniques to experience peace of mind. Led by Yuki Oikawa, Chief Ambassador for Happy Science USA, a 501(c)(3) non-profit organization.

Next is August 10th

Topic: Dissoving Jealousy - The Root of Hatred -

Refreshments served. Make new business and social connections.

RSVP to ny@happy-science.org or (212) 343-7972

More free classes every Saturday and Sunday from 1pm to 2:30pm at our downtown center. Visit www.happyscience-ny.org for details.

STARTS TODAY

Check Local Listings or Text HELP with your ZIP CODE to 43KIX (43549).

508BY HQ 865558

MOMA + SUMMER = OPEN LATE

OPEN 7 DAYS + THU/FRI/SAT NIGHTS THROUGH LABOR DAY

LIVE MUSIC
MASAUKO CHIPEMBERE
TOMORROW | AUG 11

THROUGH AUG 28
IMPRESSIONS FROM SOUTH AFRICA
1945 TO NOW

MOMA.ORG/SUMMER

mymetro

NYC's #1 FREE DAILY

www.metro.us

WEDNESDAY, AUGUST 10, 2011

15

myentertainment

From Stratford-upon-Avon to NYC

► What you should know about the Royal Shakespeare Company, now performing at the Park Avenue Armory, before the ambitious residency project comes to a close

This year marks the 50th anniversary of the Royal Shakespeare Company. And this summer, the illustrious 41-member ensemble brings a repertory of five works to New Yorkers, thanks to Lincoln Center Festival in association with The Ohio State University. For six weeks ending Aug. 14, shows rotate between "As You Like It," "Romeo and Juliet," "A Winter's Tale," "King Lear" and "Julius Caesar."

Due to overwhelmingly warm reception, shows are mostly sold out; so if you have the opportunity to

snag tickets, we suggest you do. After all, the least you can do is attend Shakespeare's works — played in the setting for which they were written, performed by the pros who know the Bard best — when they've journeyed across the Atlantic and you merely have to hop on the subway.

But don't be hasty and head to the Upper West Side; despite Lincoln Center billing, this event takes place within the transformative Park Avenue Armory. Its massive drill hall now hosts a near-exact



► RSC's "Julius Caesar" is one of five shows in repertory through Aug. 14.

replica of the Royal Shakespeare Theatre in Stratford-upon-Avon, where this temporary home was built before it shipped over by

crate for this specific, ambitious residency project.

One of the key points of interest is the thrust stage, which comes out deeper in-

to the audience than your standard proscenium and takes seating on three sides; not only can you watch everyone enjoy the experi-

ence with you, but the farthest seat from the actors is only 49 feet. This amplifies audience intimacy, frees actors from the confines of two dimensions and offers almost 360 degrees of visibility. In most cases, the orchestra is even on full display three stories above the action, rather than hidden in a pit below the apron. The acoustic result is just another boon that makes this festival a worthy golden anniversary feat.

T. MICHELLE MURPHY
tmichelle.murphy@metro.us

www.metro.us

WWW.METRO.US/
WELLPLAYED
FOR MORE OF METRO'S
THEATER COVERAGE

FEET HURT?

Relief for
HEEL PAIN

New Treatment For Heel Pain

- Shockwave Therapy
 - PRP (Platelet Rich Plasma)
- As seen on the front page of
The New York Times



Now Available...

The Most Advanced Techniques for Bunion
and Hammertoes Correction

TAKE THE FOOT HEALTH CHECKUP

- ☐ The bottoms of my heels hurt all day, but it's worse when I step out of bed in the morning, or when I'm in a sitting position.
- ☐ I have a large bump behind my big toe (bunion) which is always red and enlarged.
- ☐ The sides of my toenails dig into the skin and hurt.
- ☐ I have corns on my toes which get thicker no matter what shoes I wear.
- ☐ My toes aren't straight—they are all bent and rotated.

- ☐ I have painful calluses on the ball of my foot which keeps building up.
- ☐ My ankles are swollen most of the time.
- ☐ I have numbness and burning in the area of my 3rd and 4th toes when wearing shoes.
- ☐ My feet just hurt all over when I stand or walk a lot.
- ☐ My toenails are streaked, discolored and thickened.

If any of these apply to you... Call today!

Dr. Paul Drucker, DPM
121 E. 60th St., Suite 3D 162-15 Highland Avenue
(between Lex & Park) Jamaica, NY
212-486-7333 718-658-9383

Dr. Ernest Levi, DPM
Midtown - Grand Central
30 E. 40th St., Suite 401
212-685-5100

DENTAL IMPLANTS



We will
beat or match
any competitor's
legitimate written
estimate

\$395* +Post
\$545
+Crown
\$695
per Implant Total
\$1,635

Nobel Biocare only \$100 add'l

*Implant, abutment & crown must be
completed at our office to qualify for
promotional fees Expires
8/31/11

Speak with your Smile Today!

FREE CONSULTATION

Over 2,000 implants placed each year.

COMING SOON: GRAND OPENING IN NEW JERSEY

Contemporary Dental Implant Centre



8 Convenient
Locations

41st & Madison Avenue • Brooklyn
Valley Stream • Smithtown (Suffolk County)
Massapequa Park • Scarsdale
Rego Park • Wall Street

CT Scan-3D Views of the Jaw now available at our Madison Ave. location.

CALL 212-269-9500 TODAY!

Se Habla Español

www.395DentalImplant.com

OPEN 7 DAYS A WEEK

**DOWNLOAD
1,000s OF FREE
E-BOOKS**



Visit Today!
EDUCATIONOPTION.COM
Your World of Education.

16

mymetro

NYC's #1 FREE DAILY

www.metro.us

WEDNESDAY, AUGUST 10, 2011

myentertainment

Movie review



► Emma Stone, Octavia Spencer and Viola Davis star in "The Help," which opens nationwide today.

A dose of grit needed in 'The Help'

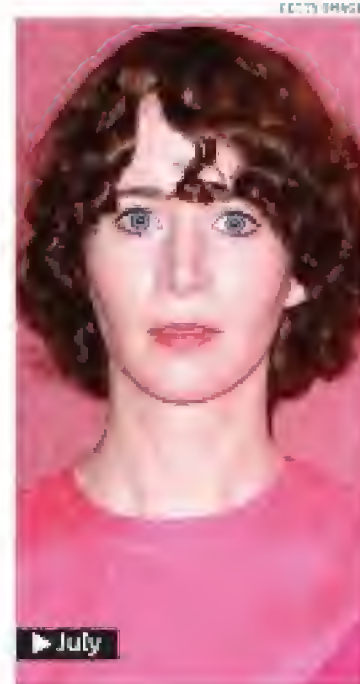
'The Help'

Director: Tate Taylor
Cast: Emma Stone, Viola Davis and Bryce Dallas Howard
Rating: PG-13
Grade: **A+**
"The Help" takes place against the backdrop of a time in the South when groups like the White Citizen's Council had a store-

front on Main Street. The story of a plucky young writer (Emma Stone) and two courageous African-American maids (Viola Davis and Octavia Spencer) — who together write a book exposing the real lives of domestic help — is a finely acted but somewhat sanitized look at Mississippi in 1963. Long on emotion and sincerity, to be truly effective this could have used a little more grit; but it does tell an important, heart-felt story. **RICHARD CROUSE**

July's look into 'The Future'

► Artist and filmmaker Miranda July discusses her latest film, the need to be seen and writing, directing and performing in her first sex scene



► July

Quoted

July on the writing process:

"You start with the unconscious and it's a fight to keep out all the other voices saying: 'Is this good or bad? How does this move the story forward?' And eventually you do have to let those voices back in, at which point you decide if it stays in or not. It's so important not to begin with ideas of judgment or even of total comprehension."

Would Miranda July be an artist if no one was looking? Yes, but exhibitionism isn't an insignificant component to her artistic impulse, or anyone's really. Just take for example the legions of YouTube users who post videos of themselves singing, dancing and doing pretty much everything else just so that anonymous

strangers can watch.

"If you didn't know that there were other things you could get out of art or making things besides just a reaction, then the reaction is still enough to propel you to make something," says July. "That desire for a reaction runs pretty deep. With kids, unless you saw me go down the slide, it doesn't count.

It's not a superficial desire."

The desire to be observed is just one topic covered in July's second film "The Future," which she wrote, directed and starred in. As a couple in their mid-30s, her character and Hamish Linklater's decide to adopt a cat that will need around-the-clock care. As they wait until the cat is released from the vet, they each face a crisis regarding the impending responsibility.

After July's first success with her film "Me, You and Everyone We Know," she gave herself unusual challenges for her next project, in which she incorporated dancing blind with a T-shirt

over her head and a self-directed sex scene.

"It's a pretty amazing to get to write a sex scene and be in it and direct yourself in it. I wanted to get to do that," she explains. "There's nothing fun about it, but it wasn't any harder than any other part of the movie — and it was sort of nice because everyone was so kind to me that day. They felt so sorry for me, what I had to do. And then it was very awkward, but it's all mechanical. At the end of the day, you're measuring things with tape measures to get it right."

HEIDI PATALANO
heid.patalano@metro.us

vada SPA
www.VadaSpa.com

Makes it EASY

ABC and 1 FREE Laser Specials	Waxing Specials
A- 3 sessions of either Lip, Chin, or Underarm and 1 free manicure - \$99	Brazil Wax- \$25
B- 2 session full face or Brazilian bikini and 1 free eyebrow wax - \$99	Full Body Wax- \$55
C- 1 session full leg or full arm w/ underarm or back and 1 free 30 minute massage - \$99	Micro w/Mini Facial- \$55
	Teeth Whitening- \$99

Just for You \$89
- 30 minute Swedish massage, Out to Lunch Express Facial, manicure and pedicure, glass of white or red wine

Vada Spa & Laser (212) 206-1572
387 6th Avenue (between Waverly and Greenwich) www.VadaSpa.com

60% of Metro readers rent their current homes.

Source: Scarborough 8/2 2010

ADVERTISE WITH US: contact **Bob Edmunds** at 646-792-8073 or robert.edmunds@metro.us

2-week BARTENDING SCHOOL \$199

"best in nyc" —citysearch.com

Flexible AM, PM & weekend schedules available
ABC TRAINING CENTER,
Bronx NY
Since 1972

www.abctrainingcenter.net
(718)364-6700
Licensed by n.y. state dept. of education

RUSH PASSPORTS & VISAS

- Passport Renewals original/photos
- All Visas—All Consulates
- DMV/ License Plates

10% Discount with this Ad

IT'S EASY INC

30 Rockefeller Plaza, N.Y. Concourse level -A licensed private service bureau. Pick-up and delivery available
itseasyservices.com

877-33-ITS EASY CALL TODAY

24 Hour Service Available

LASER CENTER BEAUTY AND YOUTH
FOR MEN AND WOMEN • www.BeautyAndYouth.com

ZERONA
Non-Invasive Body Contouring

MELT YOUR FAT. INTRODUCING ZERONA BODY SLIMING LASER.
Lose 3-9 inches in just TWO weeks. Zero pain, zero side effects, zero down time. Full treatment (6 sessions reg. \$2000) **\$1500**

LASER SPECIALS \$99 & UP

- Get rid of Pigmented Lesions and Sun Spots
- Spider vein removal
- Stretch marks removal

\$149 & UP

- Remove Rosacea
- Shrink your facial pores

\$199

- Non Surgical Laser Facelift

\$379

- Pckg-Full Body Laser Hair Removal

WE BEAT COMPETITORS LASER PRICES

212.463.0246 • 17 W. 8TH St
(Btw 5th & 6th Ave)

**DOWNLOAD
1,000s OF FREE
E-BOOKS**



Visit Today!
EDUCATIONOPTION.COM
Your World of Education.

mymetro

www.metro.us
WEDNESDAY, AUGUST 10, 2011

17

mystyle

Spanx + Bloomies: A perfect fit

► The slimming shapewear line is now available at its first in-store shop at Bloomingdales ► Founder Sara Blakely on choosing the right Spanx for you

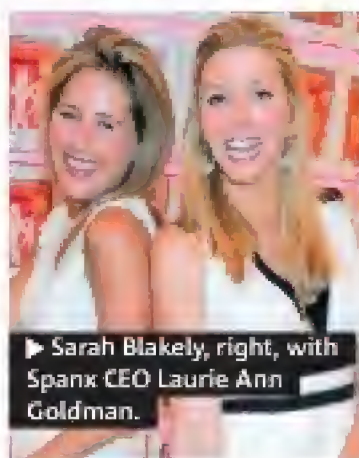
Spanx, the shapewear line that's been smoothing women's tummies and butts for the past ten years, has just debuted its first in-store shop at Bloomingdales 59th St. The brand-spanking-new 400-square-foot space is on the fourth floor, in the intimate apparel section, where you'll find Spanx specialists on hand to help you get the right fit. We caught up with founder Sara Blakely who gave us some one-on-one consultations for looking hot no matter the event.

Here's Blakely's advice on how to wear your Spanx:

If you're attending a fancy event: "If I'm in a long evening gown, I would probably have on my Bra-ll-elujah! — either strapless [the Bra-Cha-Cha] or one of the regular ones — and I would probably have on a



► Visitors to the glamorous space will immediately be taken by Spanx's "Tower of Power," a light-up, rotating armoire that stores items from the collection.



► Sara Blakely, right, with Spanx CEO Laurie Ann Goldman.

high-waisted footless control pantyhose."

If you have a lunch date: "If I [were] wearing a little summer dress or something to go meet somebody for lunch, I'd probably have on my Slim Cognito shaper shorts or Skinny Bitches — they're [really] lightweight — and the Bra-ll-elujah!"



MEREDITH ENGEL
meredith.engel@metro.us

What to wear

If you're running errands:

"I would probably have on one of our new active pants and a T-shirt with a Bra-ll-elujah! on underneath it."



► Bra-ll-elujah!, \$62, www.spanx.com

LASER HAIR REMOVAL SPECIALS!

- Lip, Chin, Or Underarms \$50 **NEW CLIENTS ONLY**
- Upper Arms or Lower Leg \$99
- Brazilian Or Bikini \$99
- Full Face w/ Neck \$150
- Full Leg Or Full Arms \$150
- Back Or Chest \$149
- Full Body (unlimited) \$499



Laser \$99 Only

- Vein Laser- Face/Body "Immediate Results"
- Laser Facial - Reduces wrinkles, sun spots & more!
- Laser Pigmentation- Removes acne scars & dark spots, etc.

Choose two for \$99

- Microdermabrasion - Removes Dead Skin
- Deep Cleansing Purifying Facial
- Slimming & Detoxifying Body Wrap
- Sea Salt Exfoliating Body Scrub
- Aromatherapy Massage - 1 Hr
- Glycolic Peel w/ Eye Treatment

**LPG
CELLULITE
REDUCTION
\$49**
originally \$135
IMMEDIATE RESULTS

\$69 Beach Promotion

Full Leg & Brazilian Wax plus
Manicure & Pedicure A value of \$200

Nina's
Day Spa & Laser Center

5 West 35th St
(btwn 5th & 6th)
Open 7 days
10am-9pm

FREE CONSULTATIONS
IN BUSINESS OVER 25 YEARS

212-594-9610 www.ninasskincare.com

GET A FOOT UP ON LIFE!

Providing excellence in Foot and Ankle Care.

HEALTHY FEET ARE SEXY FEET!

Manhattan Footcare's Board Certified Podiatrists specialize in cosmetic procedures that will rejuvenate & beautify your feet. For over 20 years we have skillfully treated patients in all areas of Podiatry, while utilizing the latest technology.

Removing nail fungus with PinPointe laser technology and correcting painful & ugly foot deformities is what we do best!

Diabetic foot care and treatment for dance & sport injuries are also our specialty!

To schedule an appointment or a FREE surgical consultation call us today!



**MANHATTAN
FOOTCARE**

Podiatric Medicine & Surgery
of the Foot and Ankle

**SUMMER
PROMOTION
20% off**
laser treatment
for nail fungus

Dr. Steve Menna & Dr. George Pace

347 Fifth Ave Suite 1110 MANHATTAN
Across from the Empire State Building
212.629.5090

52 Duane Street MANHATTAN/TRIBECA
212.349.7676

133 Smith Street BROOKLYN
718.330.1117 (between Dean & Bergen)

manfootcare@aol.com
www.manhattanfootcare.com

SATURDAY APPOINTMENTS AVAILABLE



EGG DONORS NEEDED

TURN COUPLES INTO FAMILIES

**\$8,000
COMPENSATION**

- HEALTHY WOMEN
- 21-31 YRS OLD
- CONFIDENTIAL

1-877-9-DONATE 1-877-936-6283

WWW.LONGISLANDIVE.COM

**LONG ISLAND
IVF**
Advanced Fertility Management & Treatment

mywellbeing

- Yeah, we can see you texting under the table — and guess what, it's rude!
- Plus, how to give the phone-aholic in your life a subtle reality check



► He'd better be checking that text in the restroom.

No more drama



People are addicted to their mobile devices and social media, and naturally it spills into the dating world. I see more and more clients for such issues. If what I see on

my couch is any indication of what's going on in the population at large, then we're in for a major breakdown in communication. Texting, Facebook and other social networking — although they have great benefits — have bred a culture of social decline. For proof, next time you're at a party or business function, look around the room and note how many people are buried in electronic devices.

Regarding dating:

The question

In social situations, particularly on dates, I've noticed that people I'm talking to start checking their text messages and interrupting the conversation. I find this rude and have a hard time resuming the talk. How should I respond? What is appropriate texting etiquette? Are people that addicted to their phones?

Frankly, if people can't stay off their devices for an hour or two, that's a problem. Of course there are extenuating circumstances that might warrant responding to a text on a date (for instance, if one is on call for work or expecting an important message). But, by and large, out of respect to others, people should adhere to the rule that's been around for years: Never take calls during dinner. If that isn't possible, then the person should ask to be ex-

cused, explaining that it's an important text or call. Another strategy is to keep the phone on vibrate or silent, and then check messages when using the restroom.

As for how you can respond to such a situation, if it's a first or second date, consider this behavior an enlightening moment as you get to know the person. Clearly you have different social-etiquette values that

could prove problematic. If, though, it's someone you've gotten to know and like, then let that person know you enjoy his or her company, acknowledge the calls and suggest meeting another time. This subtle yet direct approach should be an obvious wake-up call.

— Jonathan Alpert is a licensed psychotherapist. E-mail him your questions at jonathan@jonathanalpert.com

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

USE YOUR
EBT CARD
AT 43 GREENMARKETS

EBT accepted at 43 Greenmarket locations throughout the five boroughs including Union Square.

For more information visit:
WWW.GROWNYC.ORG

mywellbeing

Today in medicine

The cost of a healthy diet

Study subjects: 1,000 adults in King County, Wash.

Location of study: U.S.

Results: MSNBC reports that making healthy choices as per the government's new My Plate guidelines is "going to cost you at least \$7.28 a week extra." The University of Washington study concluded that healthy eating should be accessible to all income brackets.

Significance: While spending an extra \$400 a month on groceries may sound unreasonable, there is a possibility that you could save on health care down the line.

Salmonella resistant to antibiotics

Study subjects: Salmonella



victims

Location of study: France

Results: Researchers in France have identified a strain of salmonella that's "resistant to the antibiotics commonly used to treat salmonella poisoning, aka salmonellosis," reports CBS News. The strain, which has spread throughout Europe and is thought to already be in North America, has been named S. Kentucky. Many of

the reported cases seem to be coming as a result of eating tainted chicken.

Significance: "The CDC estimates that 50 million Americans each year get sick from food poisoning, including about 3,000 who die," CBS News reported. Those with weakened immune systems are especially susceptible to death.

Violence against women and mental health

Study subjects: 4,451 women ages 16-85

Location of study: Australia

Results: UPI.com reports that a study revealed: "Rape, sexual assault, intimate partner violence and stalking increase the lifetime risk of mental health disorders among women."

Significance: "There is an overwhelming link between gender violence and key indi-

cators of women's mental health, well-being and risk of suicide attempts," concludes the report.

Neuron replication and disease treatment

Study subjects: Mice cells and human skin cells

Location of study: U.S.

Results: In a complex study, researchers turned human skin cells into nerve cells, or neurons. "They did this by infecting the cells with a few key genes, carried into the cells by a virus, and bathing the cells in the right cocktail of growth factors. The cells that resulted behaved like neurons in multiple ways," reports the Los Angeles Times.

Significance: The research could be essential in treating diseases such as Alzheimer's and Parkinson's or for aiding spinal cord damage.

COMPILED BY LINDA CLARKE

OUTPATIENT DRUG AND ALCOHOL DETOX

STUART KLODA, MD

- Fellowship trained in addiction medicine at the Addiction Institute of New York at St. Luke's & Roosevelt Hospitals
- Board Certified by the American Board of Addiction Medicine
- A unique private practice offering discrete, one on one treatment conveniently located at Columbus Circle
- Private outpatient detoxification from drugs and alcohol with scheduled office visits and phone follow ups
- Addiction psychopharmacology (medications)
- Suboxone maintenance for opioid addiction

AFFORDABLE TREATMENT FEES!



(646) 713-6578
www.stuartklodamd.com

GRAND OPENING

FREE
1/2 Hour
Massage &
Consultation
(some restrictions apply)

New York City's Premiere Medi-Spa and Wellness Center

manhattan total health

Visit our **NEWEST** location:
Grand Central
144 East 44th Street, 6th Floor
New York, NY 10017
(212) 905-0090

www.manhattantotalhealth.com

Got Foot Pain?

Don't let foot pain slow you down • Caring & Experienced Podiatrists
Immediate appointments available

Dr. Afsaneh Latifi Dr. Walter Perez

MIDTOWN OFFICE
62 W. 45th St. 2nd Fl (Between 5th and 6th Ave)
New York, NY 10036

646-381-2568

- Prompt attention to podiatric emergencies
- Surgical evaluations • Spa ambiance at our state of the art office

Medicare, local unions and most private insurances honored
Additional offices in Brooklyn, Queens & Franklin Square, LI

**30% OFF
ORTHODICS
\$349**

Complimentary Professional Foot Exam
with The Purchase of Custom Made
Orthotics

Got Warts? The
Latest CRYOPEN
Procedure 30% OFF

\$400 FULL BODY
 Satori Laser Hair Removal
 Located in The New Yorker Hotel, 481 8th Ave - Suite 815
 DIAMOND TONE: Skin Rejuvenation / Microdermabrasion
 Officially Recommended by APM, MAJOR
 & WILHELMINA NYC Model Agencies
212-268-7799 Attention, Please!
 Men & Women
 Eyebrow / Chin / Upper Lip \$ 20
 Bikini \$ 60 Underarms \$ 40
 Brazilian \$ 99
**We use Candela
 GentleLASE and
 GentleYAG** 😊 😊
SPECIAL! \$280
 Underarms Lifetime Package
 SatoriLaserHairRemoval.com | 10am-10pm / 7days a week

Manhattan's Premiere Foot Doctors!
DOWNTOWN PODIATRY
 www.downtownpodiatry.com



Before After

DOWNTOWN
 111 JOHN STREET,
 STE. 1450



Before After

MIDTOWN
 315 MADISON AVE.
 STE. 513

**EMPIRE STATE
 BUILDING**
 350 5TH AVE.
 ROOM 2618

PHOTOS OF ACTUAL PATIENTS

*Call for an
 Appointment Today!*

1.877.BUNION.1
 2 8 6 . 4 6 6 1

FREE CONSULTATION / MOST INSURANCES ACCEPTED

mywellbeing

Loco for coco? You need to read this

- ▶ The popular drink may not be as good for you as you think
- ▶ 'Today' show nutritionist's view

If you rely on coconut water for hydration after a workout, or you just like to sip some as you go about your day, you may want to re-think your decision to do so: A new research study calls into question some popular claims by the leading manufacturers of the trendy beverage.

The researchers at ConsumerLab.com looked at levels of sodium, potassium, magnesium and sugar content in Zico Natural, Vita Coco and O.N.E. and found that only Zico Natural had the actual levels of each purported on its label.

Vita Coco and O.N.E. contained the sugar and potassium amounts advertised on their packaging, but the actual amount of sodium was less by as much as 82 percent, and the actual amount of magnesium was less by as much as 35 percent. Both sodium and magnesium play important roles in hydra-

"For very serious athletes ... a sports beverage with regulated amounts of electrolytes may be the best option. But for the rest of us nonathletes and casual exercisers ... plain old water is the best beverage for proper hydration."

JOY BAUER



▶ Rihanna helped create a new tropical flavor of coconut water for Vita Coco, one of the brands that didn't fare so well in the study. Maybe she should stick to making music.

tion.

"I like to recommend coconut water as a more natural alternative to sports drinks for serious athletes, so it was disappointing to see the results of the Consumer Lab study," says "Today" show nutritionist Joy Bauer, author of "Joy Bauer's Food Cures." "For very serious athletes exercising several hours a day who are relying on these drinks to help them recover each day, a sports beverage with regulated amounts of electrolytes may be the best option. But

for the rest of us nonathletes and casual exercisers who don't need the extra carbs or electrolytes, plain old water is the best beverage for proper hydration. It is naturally calorie-free, sugar-free and sodium-free."

Coconut water's popularity led to the study, according to ConsumerLab.com president Tod Cooperman. "We wanted to know what was really in these products and if they lived up to their labels," he told Metro.

MEREDITH ENGEL
 meredith.engel@metro.us



For a FREE consultation,
 please call 212-951-7352



With a properly fitting socket that provides stability, comfort and has excellent suspension, this patient has the opportunity to pursue his passion for the martial arts.



Prosthetics in Motion

Visit Our YouTube Channel

Manhattan Prosthetic Facility

specializing in fitting customized prostheses for patients of all ages and functional levels.

- Lower & Upper Extremity
- C-Leg/Rheo 2
- i-Limb/Dynamic Arm
- Pediatrics
- Congenital Anomalies

- Sports Prostheses
- Vacuum Socket Technology

Medicare & Medicaid Provider
Most Insurance Accepted

An ABC Accredited facility providing *Quality Prosthetic care.*

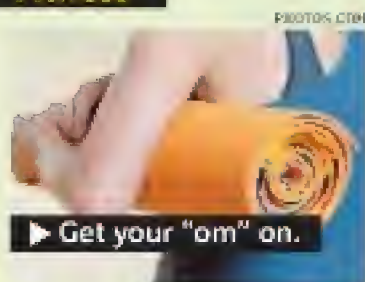
Chris Kort CPD/ President of Prosthetics in Motion has been serving the Prosthetic community for 16 years.

www.prostheticsinmotion.com • prostheticsinmotion@gmail.com • 212-951-7352

12 East 33rd St, 9th Floor, New York, NY 10016

mywellbeing

Fitness



Free yoga on Governor's Island

As if you need another reason to head to Governor's Island — Free ferry rides! Lots of green space! — this Sunday you can take part in free yoga classes during the day. The sessions will be hosted by Sir Dharma Mittra to celebrate his 45 years of teaching yoga in the city. Come between 10 a.m. and 4 p.m. to sample the classes plus vegetarian food and drink. For more information, visit www.dharmayogacenter.com. **NETRO/ME**

Curb junk-food cravings with these tasty snacks

► We know how tempting it is to reach for a candy bar or Dr. Pepper to get you through the day, but we also know how detrimental they can be for your health ► Some better alternatives

If you crave a soda:



12NtM Sparkling Beverages

Chef David Burke created two new, all-natural thirst-quenchers for 12NtM: Rouge, a pomegranate and black currant mix, and Blanc, a citrus-ginger zinger. The drinks have no added sugar and contain only 60 calories per bottle. **\$2.50, D'Agostino**

If you crave something sweet:

Natural Vines Strawberry Licorice

These chewy treats, a mere 17 calories a pop, contain natural licorice extract and are made sweet from molasses and pure cane syrup. They also have no high-



fructose corn syrup, preservatives, cholesterol or trans fats. **\$3.49, Whole Foods**

If you crave something chocolatey:

Cocoa Kissed SaviSeeds

Get your chocolate fix and a mega dose of omega-3s with Cocoa Kissed SaviSeeds, an all-natural snack that looks and tastes like chocolate-covered nuts. They boast 7,000 mg of omega-3s per serving, almost three times the amount found in walnuts.



\$2.99, Whole Foods

If you crave something salty:

Snikiddy fries

Forgo the fries at your next barbecue and get your munch on with Snikiddy snacks. The crunchy fries taste just as good as potato chips but have 50 percent less fat and contain no trans fats, corn syrup, hydrogenated oils or preservatives. There are six flavors, like Barbeque (the newest) and Classic Ketchup.



\$2.49, Gourmet Garage



MEREDITH ENGEL
meredith.engel@metro.us

Real



Solutions

The health insurance plan you trust has a brand new look.

Amerigroup Community Care has a new look. You'll be seeing it on our website, on our signs, in ads and brochures—even on your member ID card. But Amerigroup hasn't changed. You'll still get the same health benefits, coverage and service as ever.

Meeting health insurance needs for the people we serve is what we do at Amerigroup every day. How can we help you?

For more information on Medicare, call us toll free at 1-866-805-4589 (TTY 1-800-855-2880) from 8:00 a.m. to 8:00 p.m. EST, 7 days a week.

For more information, call us toll free at 1-888-707-5570. Or call 1-888-592-5570 (TTY 1-800-855-2880) to speak with an Amerigroup representative.



Amerigroup
RealSolutions
Medicare Advantage Plans



Amerigroup
RealSolutions
in healthcare

www.myamergroup.com



Medicaid Advantage
Medicaid Advantage Plus

myletters&games

Letters

letters@metro.us

Stop pointing fingers

RE: BLAME IT ON THE REIGN: Mr. Connell blames Tea Party Republican freshmen for our troubles in Washington. Does he realize that Obama was a freshman senator when he won the White House? He is the least-effective president I have seen in my lifetime. His abilities are limited to using social media to brainwash our youth. Our crisis will not end until he leaves office and is replaced by someone, from either party, who can gain the support of both houses. As an additional tool to solve

our problems, EVERYONE in Washington needs to pay in to Social Security.

MICHAEL BURTON, VIA E-MAIL

Impatience leads to failure

RE: BLAME IT ON THE REIGN: Mr. Connell hit the nail on the head when he pointed out that the voters put tea baggers in congress. Now the same voters are in picket lines in Wisconsin and other states complaining about Congress. People always like to point out a tethering president, but what about the tethering voters? Obama and the Democrats were just get-

ting the economy turned around before impatient voters put Tea Party activists in congress. Stop complaining about Congress not functioning — you voted for it!

VICTOR R. ROBINSON, VIA E-MAIL

End this lame blame game

Blaming the Tea Party for the destruction of the American economy is a cop-out. Government does not create economic prosperity, businesses do. If we depend on God and not the government, this mess will evaporate. Recognize that people are not in of-

fice to make us happy and take care of us. Personal responsibility is a must!

OMAR BRANCH, NEW YORK

Accountability of parliament

With riots in London escalating, news sources are focusing on how they'll affect the upcoming Olympic Games. They should focus on what leads thousands in impoverished neighborhoods to take violent action. I don't condone violence, but socioeconomic factors like police brutality, high unemployment and deep cuts to social programs sparked the riots. The government refuses to acknowledge these issues because they don't want to give the rioters legitimacy.

NICK AQUINO, VIA E-MAIL

Horoscope

Leo July 23-Aug. 22. Although your inclination may be urging you to waste your time playing hooky, get a grip on yourself and pay attention to neglected responsibilities.

Virgo Aug. 23-Sept. 22. If you're not careful, without realizing it you could easily begin to impose your will upon your companions. If you do, you won't be very popular.

Libra Sept. 23-Oct. 23. Striving for lofty goals is admirable, but unless you choose realistic aims, they might not be that easy to achieve. If that's the case, don't start blaming others for your poor choices.

Scorpio Oct. 24-Nov. 22. Associates will be unreceptive to your suggestions if in the past you have been close-minded to theirs. At the very least, be willing to listen and consider what they have to say.

Sagittarius Nov. 23-Dec. 21. Constant vigilance is essential if you are responsible for a project that could affect the welfare of others. Don't take lightly your commitment.

Capricorn Dec. 22-Jan. 19. It's a time for building bridges, not barriers. For the sake of harmony and progress, you and your mate shouldn't butt heads, but put them together for a common cause.

Aquarius Jan. 20-Feb. 19. With your physical and mental energies both in high gear, you could have difficulty distinguishing the difference between assertiveness and mere aggressiveness. Take care.

Pisces Feb. 20-March 20. Instead of associating with a clique that is made up of certain people who make you feel uncomfortable, you should find companions who have pleasant ways to spend their time.

Aries March 21-April 19. If you want others to be supportive of your interests, you must be there for them when they need you. Make some time to help an associate.

Taurus April 20-May 20. Being in a talkative mood could have you telling others about things you might otherwise keep to yourself. Don't let something slip out that you need to keep under tight wraps.

Gemini May 21-June 20. When you find yourself in a spending mood, your material desires can be very pronounced, which could be the case at his juncture. Be very careful about going off on a wild spree.

Cancer June 21-July 22. You're more easily influenced than you may realize, so take care that you're not unduly swayed by others to waste your time. Set some goals and go after them. **BERNICE BEDE OSOL**

SHARE YOUR VIEWS ON THE WORLD OF NEWS, LEAVE COMMENTS, RESPOND TO OPINIONS AND MUCH MORE



www.metro.us

Across

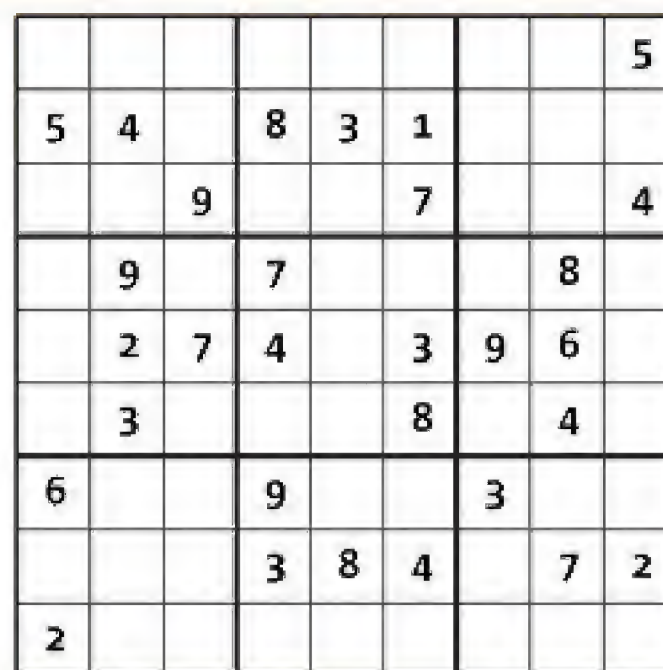
- 1 Picnic fare
5 Cold-cuts seller
9 Opera by Gounod
14 Petty or Loughlin
15 Ballot marks
16 Turn signal
17 Egret cousin
18 Perfume bottle
19 String quartet member
20 Nursery buy (2 wds.)
22 Rap-sheet names
24 Palm off
26 Hoop site
27 In a huff
30 Continuous arrivals
35 Teen bane
36 Surfeit
37 Big umbrella
38 Undershirt
39 Chic
42 201, to Claudius
43 Chalky mineral
45 Subpoena
46 Helena rival
48 Mirage
50 Paddled
51 Holiday cheer
52 Imported cheese
54 Kind of rice
58 Faint
62 Fermented milk
63 Pre-college
65 Make a sweater
66 Harebrained
67 Nothing, in Nice
68 Sicilian landmark
69 Mammoth
70 Structure, briefly
71 Many boxers

Down

- 1 Boat mooring
2 Oak leaf part
3 Tune from an opera
4 Pensive
5 Totally lacking
6 Departures
7 Pasture
8 "La __ Bonita" (Madorina tune)
9 Salon offering
10 Home furnishing (2 wds.)
11 WWW addresses
12 Fish choice
13 Low cards
21 Dryden and Donne

- 23 Most hooks and jabs
25 Plowing
27 Ms. LaBelle
28 Just perfect
29 Crush
31 Wee hours in Cannes
32 Hobby knife (hyph.)
33 Banquet host
34 Was a double agent
36 Pita treat
40 Branches
41 Cerberus' threesome
44 Guile

- 47 Had a cookie
49 Evening gala
50 Raising 2 to 8
53 __ and aahed
54 Black & Decker rival
55 Alejandro of baseball
56 Nowhere near
57 Kind of tea
59 Golden Rule word
60 Circus arena
61 LAX guesses
64 Rapier Kim



SUDOKU LEVEL: EASY

Solution to yesterday's crossword



How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

To advertise -- phone: 646-792-8034 email sales: advertising@metro.us

METRO NEW YORK | Editor in Chief: Tony Metcalf tony.metcalf@metro.us, @edinchiefmetro | Managing Editor: Ron Varriall ron.varriall@metro.us | Features Editor: Amber Ray amber.ray@metro.us, @amberatmetro | Sports Editor: Mark Osborne mark.osborne@metro.us | Deputy Features/Careers/Books/Travel editor: Dorothy Robinson dorothy.robinson@metro.us | Home/Style editor: Tina Chadha tina.chadha@metro.us | Film/Tech editor: Heidi Patalano heidi.patalano@metro.us

E-MAIL US: letters@metro.us

Making a transition to center

Offensive line coach Pat Flaherty said he's not worried about Baas fitting in physically, as he marveled over the shape Baas is in. Flaherty said he'll be monitoring how Baas adjusts mentally to being the center as opposed to his time in San Francisco as a guard.



"It's all mental with David Baas," Flaherty said. "We put him right in there, though. There are going to be some things that won't be as smooth as you want, but he's going to be the guy that is snapping balls and making calls."

Baas played center just one season in his time with the 49ers.

— METRO/TW

Who's the Baas?

► Meet the new guy on the Giants' offensive line ► Big Blue didn't make any big splashes in free agency, but center will be key cog in changed line



► Baas, left, has the look of an offensive lineman and brings the toughness on the field to back it up.

92

Games Baas played in while with the 49ers — out of a possible 96. Three of the games he didn't play in were as a rookie.

The Giants had an off day yesterday, but it didn't mean guys stopped working.

Center David Baas isn't on the bubble, but as a newcomer to a unit that was once heralded for its cohesion, he feels like a rookie sometimes, which

makes him work harder — even on off days.

"I haven't had too much time," Baas said when asked if he's enjoyed any outside activities in his new home, adding he hasn't even gone house-hunting yet. "I flew in that week and went right to work

with meetings and eventually practices once we were allowed to do so. And I haven't stopped yet."

Baas has impressed everyone in the locker room due to his work ethic. This is his seventh new system in as many years.

His biggest task, he says,

is gaining the trust of his new linemates. He added that figuring out line calls, making sure everyone is in-synch and becoming the anchor of the line is what's most important.

TONY WILLIAMS
sports@metro.us

In the news



Burress still not practicing

It's taking an awfully long time for the Jets' new sports car to get out of the garage.

Burress, who turned his ankle last week, still isn't cleared to join practice. He's unlikely to play in Monday's preseason opener.

Yankees are becoming speed merchants

The Yankees normally lead the AL in home runs and walks. This year, they lead the league in those categories along with another that might come as a surprise — stolen bases.

Entering last night's game with the Angels, the Yankees led the AL with 116 stolen bases, putting them nine ahead of Kansas City and on pace

for 166.

"Anytime you're one base closer, it always helps," Curtis Granderson said. "Ninety feet is a long way to go even though it is technically a short distance. Now you go from needing a double to possibly needing a single or needing a triple to needing a double."

The Yankees last led the league in steals in 1985 when Rickey Henderson swiped 80 of their 155 bags. During the Joe Torre era from 1996 to 2007, they averaged 114.

The Yankees swiped just 13 in April, but after stealing 62 of 87 the next two months, the running game has taken off.

"It's definitely a good thing," Brett Gardner said.

"I know we've been doing a pretty good job of it recently, trying to advance and get into scoring position. [It is]

not only myself, but there are a lot of guys on this team that are capable of doing that." — LARRY FLEISHER

3 CLUBS IN ONE

TOPLESS GENTLEMEN'S CLUB
BIKINI SPORTS BAR
THE SKY BOX LINGERIE LOUNGE

252 WEST 43RD STREET
BETWEEN 7TH & 8TH AVE.
212-819-9300

CHEETAHS

GENTLEMEN'S CLUB • FISH RESTAURANT • FINE DINING

COMPLIMENTARY
ADMISSION
ALL NIGHT!

41

Since July the Yankees have stolen 41 bases out of 46 attempts. Brett Gardner is a huge reason why. He's stolen 21 straight bases and has 35 on the year.

DENTAL CENTER IN THE CHRYSLER BUILDING 42ND AND LEXINGTON

All Comprehensive
Dental Services including:

- Lumineers & Porcelain Veneers
- Implants
- Invisalign

AUG.
IMPLANT
SPECIAL
\$1675
for implant, post
and crown

888-711-0267

EMERGENCIES WELCOME

www.kakosiandental.com

Accepting All
Major PPO Plans

MetLife, Cigna,
Aetna, Delta,
Guardian, etc.

Coverage at 100%
for U.N. Cigna PPO
Members

0% Financing
Available

for a limited time

ZOOM WHITENING FOR \$299



A-Rod to return next week

The Yankees will be adding a power bat down the stretch even without making a deadline deal.

Yankees manager Joe Girardi said yesterday that slugger Alex Rodriguez should be ready to return next week.

Rodriguez has been on

the disabled list since July 7, when it was discovered that he had a tear in the meniscus of his right knee.

Rodriguez opted for arthroscopic surgery and was scheduled to miss six to eight weeks. That timetable appears to be speeding up slightly.

Girardi said Rodriguez will likely make a rehab start on Friday in Tampa. If the rehab appearances over the weekend go well he could return to the major league club Aug. 15. That game would be at Kansas City, with his home return the next week



► Rodriguez

against Oakland Aug. 23.

Rodriguez was batting .295 when he went on the DL, with just 13 home runs and 52 runs batted in.

The team was 18-9 heading into last night's matchup with Anaheim with Rodriguez out of the lineup. **METRO**

Legal Services

To place an ad call Jennifer Clark at 646-792-8042 or email jennifer.clark@metro.us

SERPE & ASSOCIATES, P.C.

Bankruptcy, Debt Settlement & Home Loan Modification

FOR A FREE CONSULTATION CALL

212-725-3600

10 Years of Experience Serving New Yorkers
450 SEVENTH AVENUE AT 34TH STREET • SUITE 2601
NEW YORK, NEW YORK 10123
ADDITIONAL OFFICE IN AMITYVILLE, LONG ISLAND

Affordable Bankruptcy Attorney

Low Fees Pay in Installments Flat Fee Free Consultation

Making Bankruptcy Affordable
Small Office, Big Service

Jay Simon, Attorney
718.222.4619
32 Court Street, Suite 805, Bklyn

Savings. Service. Satisfaction.

BANKRUPTCY

20+ YEARS EXPERIENCE

FREE TELEPHONE CONSULTATION
JOSEPH L. FOX, ESQ.
(212) 949-8300
www.joefoxlaw.com

60 E. 42ND STREET
NEW YORK, NY 10165
Debt Relief Agency

DINERMAN, BERGAM & DINERMAN

Over 45 years of experience

ACCIDENT?

Free Consultation ALL ACCIDENT CASES HANDLED *Hablamos Español*
Car/Bus/Train • Slip/Trip and Fall • Elevator • Real Estate
(212) 267-7575 Ask for Maria 170 Broadway NYC

DEBT DEFENDER
AVOID BANKRUPTCY • FIGHT BACK
SETTLE YOUR DEBT • SAVE YOUR MONEY

[CALL JEFFREY SHEPRO, PC]

212-575-2683
42 W. 58TH ST. STE. 802, NY, NY 10018

Research Study Opportunity for Depression

ARE YOU SAD & BLUE & LIVING WITH DEPRESSION?

If ongoing symptoms of depression are keeping you from the activities you enjoy, take part in this clinical research study. Health insurance is NOT required.

COMPENSATION UP TO \$650

MAY BE AVAILABLE FOR COMPLETING 13 REQUIRED VISITS

CALL: 866-581-6536
Or visit: YourDepressionStudy.com

Hurt in An Accident?
NEED CASH NOW! We can help you!
We advance money to people with pending lawsuits.

Legal Advance FUNDING

Call: 877-496-8999
www.legaladvancefunding.com

metroclassifieds

TO PLACE AN AD: 866-900-9473 CLASSIFIEDS.METRO.US NEWYORKCLASSIFIEDS@METRO.US

CLASSIFIED AD DEADLINE: 5PM TWO (2) BUSINESS DAYS BEFORE PUBLICATION

IN PRINT & ONLINE



metroclassifieds

26,546

Reasons to Consider TCI...The College of Technology

- 21,243 Books in TCI's Library
- 3,977 Students from 52 different countries
- 303 Students transfer to TCI each year
- 247 Highly qualified faculty/instructors
- 101 Years training students in NYC
- 47 Hands-on labs
- 29 Clubs
- 28 Average age of TCI students
- 21 Average Class size
- 21 Degrees offered*
- 11 Years that Community College Week has ranked TCI as one of the top 2 year colleges in America
- 6 Convenient locations—(5 in Manhattan & 1 Site location in Downtown Brooklyn)
- 4 Divisions of study: Business and New Media, Engineering and Information Technologies, Facilities Technologies & Health Sciences.
- 4 Accelerations (New York State Public Schools)* TCI of ASET & Commission on Occupational Accreditation
- 3 Certificate programs
- 1 You are always #1 at TCI...

New sites in Brooklyn and Manhattan (Haven't!)

VA APPROVED

www.tccollege.edu

View what Robert F. Kennedy, Jr. has to say about TCI College. Go to www.tccollege.edu

CALL US NOW
888-380-6466

*Accredited by the American Association of Colleges and Universities (AAC&U) and the National Association of State Universities and Land-Grant Colleges (NASULGC). TCI is also a member of the American Association of Community Colleges (AAC&C) and the National Association of Technical Community Colleges (NATCC).

ACE COMPUTER TRAINING CENTER

NEW CAREER OPPORTUNITIES

PG Technician (A+ cert.) \$500
Computer Networking (MCITP/MCTS cert.)
CISCO Admin (CCNA/CCNP cert.)

EKG Technician \$325
Phlebotomy Tech. \$325
Medical Billing
Medical Assistant

Quick Books Web & Graphic Design

www.acecareer.edu
Manhattan 212 695 9700 CLASSES CALL
Queens 718 575 3223 STARTING SOON NOW

NEW PROGRAM

Robotics & Automation

Get the education you need to build and maintain the technology of tomorrow. Student's receive access to laptop computers to enhance their learning experience. Financial aid to those who qualify

Call Today
888-821-4967
or visit www.tccollege.edu

New sites in Brooklyn and Manhattan (Haven't!)

Technical Career Institutes
320 West 31st Street, New York, NY 10001
(8th Ave and 31st Street)

VA APPROVED

BECOME OUR NEXT SUCCESS STORY

ASA COLLEGE

Medical Assisting
Pharmacy Technology
Criminal Justice
Business Administration - Accounting
Network Administration & Security and more...

877-380-5638
WWW.ASA.EDU

For required program disclosure information, please visit our website at www.asa.edu/disclosure.asp

reserve your space

DEADLINE: two (2) business days prior to publication at noon.

866-900-9473

This is the watch Stephen Hollingshead, Jr. was wearing when he encountered a drunk driver. Time of death 6:55pm.

Friends Don't Let Friends Drive Drunk.



Photo by Michael Verma

U.S. Department of Transportation

Ad Council

DIRECTORY

Medical Research

To place an ad call
Brett Lurman at
646-792-8008 or email
brett.lurman@metro.us

ACUPUNCTURE STUDY FOR IBS

Do you have Irritable Bowel Syndrome (IBS)?
You may be eligible for a research study aimed at reducing symptoms associated with IBS using Acupuncture. Qualified participants will receive up to \$330.

To be eligible you must:

- have diagnosis of IBS.
- be experiencing symptoms related to your IBS.
- be 18 to 70 years of age.

 **NEW YORK UNIVERSITY**

For more information call:
NYU: Special Studies in Symptom Management
212-365-0346

Do You Suffer From COPD?

Call **212-994-4567**

If you have been diagnosed with Chronic Obstructive Pulmonary Disease you may qualify for a research study at Clinilabs. Transportation will be provided for qualified participants.


To Qualify Participants Must:

- Be between the ages of 18 and 75
- Be diagnosed with COPD

Eligible Participants May Receive:

- Financial compensation up to \$1,375 for time and travel
- Investigational study medication, study-related medical exams and study-related sleep assessments

Contact Us Today.
212-994-4567
participate@clinilabs.com
423 W. 55th Street, 4th Flr NYC
Walk Ins Welcomed
clinilabs.com/copd

CLINILABS  Get social with us!
Follow us on Facebook, Twitter & YouTube

HAVE BIPOLAR DISORDER?
Have Trouble Remembering Things? Are You Currently Not Depressed or Manic?
If so, you may qualify for a Mount Sinai research study examining the effect of a medication treatment on memory and attention problems.
Participation in this research study includes:

- 16 weeks of taking a study drug, either galantamine or placebo
- Two sessions neuropsychological testing
- Total six study visits
- Compensation provided

Contact Rosa at 212-241-3089
Dr. Dan Iosifescu, MD

+++ Research Study for Bipolar Depression +++

BIPOLAR?

If you're taking bipolar medication but still feel depressed, you may be able to take part in a local clinical research study.

Health Insurance is not required.
The study drug may be provided at no cost.
Compensation available up to \$500 for time and travel.

Specific compensation amounts will vary by research site. The research staff will be able to share specific amounts with you.

Call: 866-216-2419
Or visit: www.BipolarDepressionStudy.com

Health & Beauty **DIRECTORY**

To place an ad call Lauren DeNegro at 646-792-8086 or email lauren.delnegro@metro.us

Do you have... GOUT?
Pain, Swelling, tenderness in your joints?

Medex Healthcare Research is conducting a clinical research study of an investigational drug for potential treatment of gout. If you are 18-75 and have a history of gout or are currently experiencing gout symptoms, you may qualify to participate. As a study participant you will receive all study related care at no charge, including physical exams, lab services and study drug. Compensation for your time and travel will also be available. To learn how you can join other study participants, call our office today.

MEDEX HEALTHCARE RESEARCH
646-722-6214 Ext. 707
www.medexhealth.net

Back Pain ACUPUNCTURE

high cholesterol overweight stress anxiety back neck joint pain
chronic fatigue pinched nerve thyroid poor circulation ED
cold-laser acupuncture massage physical therapy reiki

115W 30 St. #5008 (btwn 6&7 Ave)
for more details: **212-764-3924**
HolisticElements.com

Accept 1199 aetna unitedhealth care
blue cross neighborhood medicare
metrolus affinity amerigroup cigna
Oxford & more

NANTO SPA

Special Four Hands Massage

E 60th St. 2Fl (Btwn 2nd & 3rd Ave)
212.355.5119

Skyline SPA Body Works

234 W 56th St (fl 2)
Btwn Broadway & 8Ave, NYC
212.265.3706

CLOUD SPA Asian Bodywork

50 Mott St., China Town
347.302.3349

NEW MANAGEMENT Big Apple SPA

OPEN 9AM - Midnight
Table Shower
Shiatsu - Swedish
(212) 929.6575
7th Ave. (23 - 24 St.), NYC

GRAND OPENING SPA LAND

O/P/E/N 10AM-1AM
\$50/HR
Asian Bodywork

41 East 41st St., Madison Ave
646.737.8934

sarang SPA

OPEN 7 DAYS
Mon-Fri: 10am-3am
Sat&Sun: 10am-10pm

Asian Bodywork
Table shower
212.255.2760
62 W. 22 St. FL2(5th-6th Ave)

GRAND OPENING HARMONY SPA

240 West 38th St. 3rd Fl.
(Btwn 7 Ave & 8 Ave)
Manhattan, NY
7days 10am-2am
646.833.7364

GRAND OPENING Point Med

Asian Bodywork
1st Ave. & 15th St.
646.896.1957

Kobe 56 SPA

GRAND OPENING

Dry Sauna,
Steam Sauna
Bodyworks

23 West 56th St. FL2 (5-6 Ave)
212.586.0555

Asian BODYWORK

OPEN 7 DAYS/10AM-2AM

Asian Staff

303 Grand St. FL3 in China Town
646.825.1828

GRAND OPENING East Garden SPA

Asian bodywork
806 Lexington Ave. FL-3
212.644.2882

RAINBOW SPA

OPEN 9AM-10PM
\$10 OFF with this AD

West 45th St
(Btwn 5th & 6th Ave)
212.938.1338

Ginger Spa

Body Rub
Shiatsu/Swedish

East 57th St.
Btwn Lexington & Park Ave
212.308.3015

www.SPAPAGE.com
성고정수(메트로상권 무료) NYTube@gmail.com



To Find Best Spas

Body Rubs
Skincare
Nail + Padi
Medi + Dental

Jobs

Miscellaneous

Airline New Hiring: Major Airline or JFK, LGA, and Newark Airports New Hiring. NO EXPERIENCE NECESSARY. \$14.15/hr - benefits. Call 347-259-1772. FEE

I Am seeking a position as an HHA or Babysitting. I am very energetic, loving & responsible. Ref avail upon request. Call 347-785-0181

Security / Law Enforcement

10 FRONT DESK GUARDS NEEDED

NO EXP REQ. PAYING NO EXPERIENCE REQUIRED. PAYING UP TO \$13.25 CALL HR 347-246-9306

1st Absolute Security Positions. No exp necessary. F/TPT. No uniforms fee. Up to \$18/hr. *** Call 347-881-605 ***

1st Access Control Guards F/TPT Positions. Up to \$16.50/hr. MUST START ASAP. CALL 212-470-3820

1st ADVANCED GUARDS WANTED For security sites in NY. Up to \$12.50/hr. F/TPT positions. *** Open 24/7 at 347-777-5154 ***

*** AAA SECURITY *** Earn up to \$100WK. 18 & over. No exp. noc. Call HR. 347-984-6673

ARMED & UNARMED SECURITY GUARDS NEEDED: \$8.50-\$12.00/hr. to start. Bx & Bklyn. Fax resume to: 718-401-2797

EMPLOYMENT SOLUTIONS New hiring for janitorial, customer svc, & security. \$17.00/hr. Ave. 10th & 36th St. 30th flr, msk 814. Manh. Interviews Mon-Fri., 9-5pm.

Sales / Marketing

Salesperson Needed in Brooklyn Office base plus commission, looking for aggressive motivated people. will train no experience needed multi bilingual a plus email/ fax resume to resume@beckensmoving.com (312) 656-1219 call ask for Joe/Victor (718) 715-0837

Awaken The Entrepreneur within you Join me in "The Drawing Room." Created by Michael E. Gerber. 24 HR Rec Mssg Info 888-613-6464

Greatest Biz Opp EVER Recession Proof Income. Will Train. 24 HR Rec Mssg 846-200-3993

Oil / Energy / Power

AGENT- PVT RETAIL & EVENT GREEN MOUNTAIN ENERGY SALES SEEKS AGENTS TO SELL CLEAN ENERGY \$300-\$1K/WEEK. APPLY! - 212-710-2657 NYJOBS@GREENMOUNTAIN.COM

Transportation / Travel

DRIVERS- Bklyn co. CDL "BPS" Lic req. Board of ED & pvt work. F/TPT Spn. for BOE cert Apply: 141 Hingdale (Flushing Meadows) 718-858-8002

DRIVERS-CDL class B-P. Must know Queens. Immed hire. Also class C-P. must have NYC TLC Para-transit Lic. Call Nicky 914-447-8882 or 718-911-4733 200 2nd Ave. Bklyn, NY

Transportation / Travel

* DRIVERS * For Busy Limo Co. In Woodside, Qns for vans, SUVs, stretch Limos. Must have TLC Lic & fluent in English. Call 718-433-2333 x7

DRIVERS F/T Bklyn Food Service Co. hiring CDL Class B drivers with clean records. Must be able to communicate in English. Medical cert. & drug test req. Call 718-259-2300

TLC DRIVERS WANTED! For busy limo company. 2-3 yrs exp. Great opportunity for the right candidate. Call: 212-501-7400

General Help Wanted

\$12.50/hr - NO EXPERIENCE Listen to a presentation and give your opinion. 8-10 hours work total during the day on August 16 & 17. Must read English at a high school level. Contact Jury Behavior Research (800) 810-1762

AA Appointment Setters needed Busy Office. Immed. Hire. No exp. Will Train. Nr Subway. 5800 Willy Court - Call for appt 718-329-4801

AA ASSIST OFFICE HELP P/TPT NEW Office. Hire Immed. No Exp. Nr Sub. 5750 Willy Court - Call 718-850-7110

APPOINTMENT SETTERS- F/TPT Busy Office. Hire Immed/Will Train Nr Sub. EARN \$650/WKLY COMM - Call 718-329-4750

ATTENTION \$900/WK HR. AVG RATE Entry level customer relations Advancement Opportunities NO EXP REQUIRED Training Provided. Call for Interview 1-866-338-3829

ATTENTION! Green Co. expanding-518 training IMMEDIATE START Customer Relations reps req'd NO EXPERIENCE REQUIRED Training provided. 718-274-5975

ATTENTION-New Office Opening! Start Immediately. International Co. Has Openings. REGISTRATION AGENTS No Exp Required. Average \$17/hr. 1-866-494-3003

** AUTO MECHANIC * Must have Driv & NYS Inspectors Lic. 3 yrs exp. Own Tools. Bklyn & Qns loc. Call Bronx: 718-261-6924

Average \$21.87 per hour International Environmental Co. Now Open in Long Island. Registration Agents-Industry Instruction Provided. 212-345-9710

CARPENTERS - NYC Exp in metal stud framing, drywall, woodwork, acoustic & drywall ceilings. Tools A MUST! Call 212-955-3365 or Fax Resume 212-955-3623

PART-TIME EXECUTIVE CHAUFFEUR BostonCoach is offering a \$300/00 sign-on bonus Positions available all 512/519hr. Available shifts: A.M. P.M. holidays and weekends. Flexibility is essential!! We offer paid training, benefits and the opportunity to work with a cutting-edge ground transportation co. Must be 21, have clean driving record, pass drug test and background check, and be able to obtain a TLC license. Please join us for one of our working info sessions. Attendance is required to begin the process. Tuesdays or Thursdays at 11:00am or 5:00pm. Tuesday August 4, 11, 18, 25th. Address: 4412 50th Ave. Jaspeth, NY. Call 718-784-3544 x16 for directions. Email questions to: truckahaven@bostoncoach.com. Please do not submit resume. EDE

SPOTTER - for busy dry cleaning store in Bklyn. Exp a MUST! NCA License required. Call 718-336-9365.

SHIPPING/RECEIVING CLERK. Responsible indiv. Varied tasks. enter shipments on computer. Stand-up forklift operator a +. (Will train). Full benefits. Fax: 718-423-1579 email resume to: sharonf@postnetid.com

General Help Wanted

CUSTOMER SERVICE FT-PT * NEW Office. Hire Immed. No Exp. Nr Sub. 5750 Willy Court - Call 718-329-4750

CUSTOMER SERVICE REPRESENTATIVE for our company. no experience required. We offer the successful candidate the opportunity to work for our company. Email james8041@live.com

* DISPATCHER * Must have at least 3 years exp afternoon/evening shift. strong exp in Voice & Computer dispatch req'd. 200 - car limo svc. Fluent English. Queens. Immed. Call 611 718-331212 ext: 7

MECHANIC/LABORER Construction equipment rental co. seeks mechanic/laborer to repair & maintain equipment & yard. Must read English. Good pay & benefits. Email resume: katieo@earthlink.net

Office Assist FT: Bronx Air Cond Co. (Fordham Rd). Come Litrate. Knowledge of Gen'l office duties. Apply in person Thurs 9-11:30am-12:30pm Jerome Ave

PLUMBER, MECHANIC - Clean driver's lic 10 yrs exp in jobbing, alteration, new plumbing & sinker, boiler repair & installation. OSHA certified. Also needed: HELPER, 3 yrs exp & clean lic. Call 718-716-0065

Restaurant Help- Pizza Maker/Counter Person: Exp'd. must work weekends & holidays. Competitive pay. Apply in person: Weekdays at Andrews Coffee Shop, 443 7th Ave @ 38th St., near Macy's.

SEWER & DRAIN CLEANING MECHANIC WANTED EXP'D ONLY. CDL A/PLUS. CALL 1-800-40-8055

SHEET METAL Mechanic. Min 5 yrs exp. Clean driver's lic. Must have tools. FT. Immed hire. Send resume to: dco@ed.com

Training

10A, AAH & CITY Men Sat 8hr. Fr 16hr. OUT Ann Fire/Gst/Metal Det/ Terr SG Lic. 607 Field Lic Prep 336 712-957-1207 303 W 42nd St Rtd 094V

11 A at Blue Steel Security Same Day Cert Walk-in. Job-Plant (the/late) Ann/Loss Prev/CPA/Field Det/Gst - Armed Gun License Service - 307 Bridge St. Call 347-403-9015

*** 8 & 16 HR CERTIFICATE *** \$80 NO HIDDEN COSTS. 718-346-2191 www.theolgroup.com

** SECURITY GUARD TRAINING ** Nassau, L.I. Packages Offered CALL: 316-444-9886

SECURITY GUARD TRAINING Same day NYS Cert. 8hr pre-assignment \$25. 16 hr OUT and 8hr annual renewal. Assist in Job placement. Train E J Z. Call 718-526-2122

CARE FOR THE ELDERLY SCHOOL LICENSED BY NYS ED 718-863-8449 HOME HEALTH AIDE TRAINING NURSES AIDE TRAINING

* HOME HEALTH AIDE TRAINING * Program approved by NYS Dept of Ed. Call 718-323-3090

EXTENUATION/Termite License NYS Approved 5 days. Jobsite Fin'l aid if qualify 24hr 718-205-0555/800-220-5434

EXTENUATION/Termite License NYS Approved 5 days. Jobsite Fin'l aid if qual. 24hr 718-205-0555/800-220-5434

Pets

Dog Grooming Special \$30 Bath/Haircut. 20 lbs and under. Day/50% (limited offer) American Academy of Pet Grooming. Call for appointment 212-464-3895.

♥ ADORABLE YORKIE PUPPIES ♥ CALL TRACY 718-236-1515

Pets

★ ★ SHH-TU PUPPIES ★ ★ Toy & Imperial Sizes. All Colors Call 718-236-7386

★ ★ YORKIE PUPPIES ★ ★ Adorable Toy & Tea Cup Sizes Call 718-231-8877

♥ YORKIE PUPPIES FOR SALE ♥ Toy & Teacup sizes. Call 718-259-2295

Vehicles

Cars

62 CREDIT/LEASE! AS LOW AS 10¢/d * PENNSYLVANIA NEW/USED CARS * ALL CREDIT BANK/FUP/CO, REPO, ETC. FREE RIDES! FREE WARRANTY! PAUL 994-3134H CELL 974-9449

Lexus IS 250 2006 6 cylinder. 3200 Miles. Single Owner Fully loaded. Silver, leather interior, Garage kept, owner 917-999-4123

Commercial Trucks

GMC 4500 1998 14' Box Truck w/Liftgate Gas V6 Auto. Cold AC. ANFM. \$6000 Cash. \$4000 Owner 917-957-2130

Miscellaneous

CLEAN, INDOOR GARAGE FOR RENT ON NEWTOWNED. between 41 and 42nd St. in Astoria for \$150 a month. 718-204-0534

For Sale

Collectibles

US COINS WANTED Especially interested in Govt proof/mint sets Orig boxes Rare coins/Tatle Jewelry 212-642-4334 Midtown

Miscellaneous

Hot tub - 2011 Model. 51 jets, ceramic, waterfall, mood lights. Fully loaded, never used, white, warranty. Retail \$8100. Sell \$2900. Call 212-934-7088

Buying All Diabetic Test Strips Cash paid. Nicotine Patches/Gum Fast local pickup 646-400-5270

\$\$\$ CASH PAID \$\$\$ 888-415-0796 Extra DIABETIC TEST strips. Accu Check. One Touch FreeStyle

Furniture

ALL NEW LEATHER LIVING ROOM In Original Plastic. Never Used. Only \$5000 sacrifice for \$800! Call Deliver. Call 646 718-381-4479

Garage & Yard Sales

***** VENDORS WANTED ***** for the FRESH POND ROAD STREET Festival in Ridgebrook, NY, on Sept. 8, 9, 10 & 11th. For info, call 718-366-9977 or 347-428-3734

Career Training

A Career with a Great Future...
It's Time.
Court Reporter
Paralegal
Medical Admin.
Registration for next term begins soon!
NEW YORK CAREER INSTITUTE
888-275-2816
For more information, visit our website at www.nyci.edu • 11 Park Place, NYC (across from City Hall)

NEW PROGRAM
Office Administrative And Support Services
Get the education you need to manage the Staff & Office of tomorrow.
Student's receive access to laptop computers to enhance their learning experience. Financial aid to those who qualify.
Call Today
888-878-1792
or visit tcicollge.edu
New Sites in Brooklyn & Manhattan (Harlem)
TCI... College of Technology
320 West 31st Street, New York, NY 10001
(8th Ave and 31st Street)
VA APPROVED

Why are 1 of 4 new TCI students
College Transfers!
50% of all classrooms are labs.
TCI blends theory with practical hands on instruction.
The College will offer access to laptop computers to enhance your learning experience.
Financial Aid for those who qualify.
Classes Begin
Thursday, September 8, 2011
New sites in Brooklyn and Manhattan (Harlem)
888-701-0937
View what Robert F. Kennedy, Jr. has to say about TCI College
Call Today or visit
www.tciollge.edu
TCI...The College of Technology
320 West 31st Street, New York, NY 10001
(8th Ave and 31st Street)
VA APPROVED

Job Training!
Learn the skills you need that can help you get the job you want. Ask us about Financial Aid, available to those who qualify.
Medical Assistant
Business Administration - And more!
Your new life awaits! Call right away!
888-728-9333
SH Campus - an affiliate of Sanford-Brown
Melville, NY
sanfordbrown.edu

CALL NOW
to begin training as a **Medical Assistant**. What's holding you back? A simple phone call could change your life.
888-728-9333
Sanford-Brown Institute
Melville, NY
sanfordbrown.edu

NEW PROGRAM
Civil & Environmental Technologies
Train to be a technician of the future.
Student's receive access to laptop computers to enhance their learning experience. Financial aid to those who qualify.
Call Today
888-801-1168
or visit www.tciollge.edu
Class begins on September 8th!
New sites in Brooklyn and Manhattan (Harlem)
Technical Career Institutes
320 West 31st Street, New York, NY 10001
(8th Ave and 31st Street)
VA APPROVED

Your future is in your hands!
Obtain your Associate's Degrees and GED at the same time at Professional Business College
... and you can do it in only 16 months
Associate's Degrees:
- Accounting - Business Management - Office Technology
Call us at: **(212) 226-7300**
CLASSES BEGIN SEPTEMBER 8
PBC Offers You:
- Morning, Afternoon and Evening Classes
- Financial Aid (If Qualified)
- English as a Second Language Certificate
- Job Placement Assistance
- Student Visa T-20
125 Canal Street, 5th Floor, New York, NY 10002

TCI is now enrolling in the fields of
VA APPROVED
Automotive Service Technician
Bookkeeper
Building Maintenance Mechanic
Paralegal
Computer Network Support Specialist
Computer Systems Administrator
CALL NOW
888-832-5306
Hurry Class begins September 8
New sites in Brooklyn and Manhattan (Harlem)
Technical Career Institutes
320 West 31st Street, New York, NY 10001
(8th Ave and 31st Street)
www.tciollge.edu

NO HIGH SCHOOL DIPLOMA - TCI CAN HELP!
TCI has found that many mature students who do not have a high school diploma or GED, but have life experience and are dedicated to attending classes regularly, can succeed in earning a high school equivalency from New York State at the same time they earn their Associate's Degree.
Student's receive access to laptop computers to enhance their learning experience. Financial aid to those who qualify.
Call Today
888-241-2243
or visit www.tciollge.edu
New sites in Brooklyn and Manhattan (Harlem)
Technical Career Institutes
320 West 31st Street, New York, NY 10001
(8th Ave and 31st Street)
Hurry Class begins September 8!
VA APPROVED

IMPORTANT INFORMATION:
All classified advertising is subject to the terms and conditions of the applicable Metro Classifieds policy, which is available at www.metroclassifieds.com. Metro Classifieds reserves the right to edit, reject, cancel or otherwise limit any classified advertising to ensure compliance with applicable laws and regulations. Metro Classifieds does not assume any responsibility for any loss or damage, including lost or stolen property, arising from the use of Metro Classifieds. Metro Classifieds is not responsible for any loss or damage, including lost or stolen property, arising from the use of Metro Classifieds.

Real Estate/Sale

Homes

*** MORRIS PARK, Bx, ***
HUGE 2 FAMS, 8 BR, 4.5 BTHS, FIN
BSMT, GAS HEAT, BACKYARD
*** \$249K, OWNER 516-897-4663 ***

BED STUY BROWNSTONE
2 family 68, 3 bths, 3 full bths, fin
bsmt, \$290K, Any credit approved,
Call Johanna 718-581-8888

BED STUY/BUSHWICK New 3 fam, 31/2
PARQUET FLRS, GAR, DRIVWAY,
NEAR ALL, OWNER 347-465-6400

CANARSIE Ave K
2 Fam Brick, 21, Gar, Pkha, Hs \$300K
EAST FLATBUSH FARGOT RD
2 Fam, Bk, 32, Fin Bsmt, Hs \$300K,
Broker 718-899-9600

Queens/Hill/EAST NEW YORK
Huge Bk 2 Fam, Fully Renov, 43
Brs, Fin Bsmt, \$375K Only 3.9%
Down, Owner Must Sell, 917-291-8666

*** SPRINGFIELD GARDEN 1 Fam det
4 Brs, 3 full bths, pet chg, gar, fin
bsmt, bid bond, only \$10K,
*** Owner Harry 917-400-9042 ***

101 JAMAICA 2 FAMILY DET
68, 3 bths, 3 baths, finished
bsmt, private driveway, Only \$205K, SE
\$200K OC, Call Agent 718-740-9400

101 JAMAICA HABLE ESPANOL
2 fam det 68, 3 bths, 3 baths, fin
bsmt, pet chg, \$205K, 108% finc
credit, 4/4 loan, Johanna 718-581-8888

ROSEDALE WON'T LAST!
1 fam det, 4 BRS, 2 full bths, pet chg,
Prime location, Only \$149K monthly
payment, Call Art 917-718-890-1265

Springfield Gardens Dream House
2 fam det link, 68, 4 bths, fin bsmt,
pet driveway, huge yard, Only \$200K,
Call Agent Nadia 718-894-4211

Springfield Gardens Great Deal!
1 fam det, 4 BRS, 2 full bths, fin bsmt,
pet driveway, Only \$149K, DPOC,
Call Agent Nadia 917-586-5885

★ **SPRINGFIELD NEW DET 2 FAM, 31/2** ★
FIN BSMT, PARQUET FLRS,
LG YARD, OWNER 347-465-6400

St Albans Bank Owned
Over 21 fam 68rs 3 bths 40th Ave
fin bsmt, pet driveway, \$1800/mo mts,
\$3000/OC Agt Nadia 347-583-2945

St Albans Best Deal! 2 Fam Det
68rs, 4 full bths, fin bsmt, pet chg,
gar, \$235K/mo, mts: \$2000 DPOC,
Call Agt Claude 718-514-0034

Rough Cabin on 6 acres, open with
pond, Year-round maintained road,
Coventry Area, Owner financing, \$8000
down, \$600/mo, Only \$-2000,
Bill Hunt, Sales, NY 917-963-1993 *

119 ST ALBANS AAA CONDITION
2 fam det, 68, 5 bths, 3 bths, full fin
bsmt, pet driveway, \$1800 mo pymt,
\$2800 DPOC Agt Ethna 917-577-7302

JAMAICA SPAC FULLY RENOV,
1 FAM DET, 3 BRS, 2 FULL BTHS,
FIN BSMT, PET DRIVEWAY, ONLY
25K, OWNER 516-688-296 *

QUEENS VILLAGE 1 fam det,
fully renov, 5BR, 3 full bths, fin
bsmt, 2 car gar, huge double lot,
\$38K negotiable, Owner 347-341-2893

ROSEDALE NEW CONSTRUCTION
3 FAM DET, 68K, 40X110, 31 LG BRS,
4 BTHS, HOWD FLRS, FIN BSMT, PVT
DRIVWAY, ★ OWNER 917-300-7793 ★

Vacation Property

Denville, NJ Partially Completed
Summer Home Family oriented
4 - Br, 4 bath, beautifully private
Morris Co Lake, Easy Access to NY
Thruway \$225K, owner 908-955-0137

Real Estate/Rent

Condos

ELMHURST Condo Jr 4 w/office,
spacious LR, Newly renov kitchen, fin
bsmt, pet chg, \$195K, Call 718-899-1086

Miscellaneous

BOSTON ROAD AREA 1 Lg, Room,
Share kit & bath, Quiet, safe street,
Close to transit & shops, Female
preferred, Call Owner 917-331-1086

BEAUT HOTEL FREE BREAKFAST/LUNCH
w/ JACUZZI from \$15-\$25 per night
x 315 93 St. Bay Ridge 718-748-8935

BUSHWICK Large Unfurnished Rm
in 2 fam, Near transit, Share kit &
bath, utility inc, \$150/wk, 1 wk rent -
2 wk sec, Owner 917-776-0087

Rooms

AFFORDABLE FURNISHED ROOMS IN
MANHATTAN

UTILITIES INCLUDED
GREAT AREA
NEWLY RENOVATED
\$125 PER WEEK
MOVE IN SAME DAY
CALL 212-862-0457

100's Available, All Boroughs
Private Entry Bath Cooking
1 Person/2 Person \$125/wk up
room rentals 212-897-0862

MANHATTAN BRONX
FURNISHED ROOMS FOR
RENT! CABLE/INTERNET
READY! MOVE IN
TODAY! ALL UTILITIES
INC. JUST \$125/WK! CALL
US TODAY! (212)368-2897

APARTMENTS
BED STUY & CROWN HTS
Sec 9 HASA/FEPS - 5th, 1, 2 & 3 BR
Other Areas & Cash Apts - \$900 & up
P. JENKINS R.E. 718-799-0274

EAST FLATBUSH
Beaut Spac 4 Bdrm, HUMAN INEL \$1800/mo
CONFIDENTIAL R.E. 718-498-3200

NEWARK, NJ 10th Ave/Clark, Quiet
Share new lux 2 BR, Furn, Apt, Area
Rug, W/D, A/C, Kit, Bldg, Internet,
\$680/mo - UNL, Owner 646-415-1336

NORTH NEWARK 24 N. 5th St.
(6th Ave) ★ 1 BR \$700/mo
Freshly painted, nice flrs, Nr Lte
Rail, NO FEE, Owner 917-866-0489

Jamaica - 3Br Duplex, 2nd fl.
LR, 2 bths, brand new construction,
\$2800/mo neg utls separate, Near all,
Call owner 516-567-8800, 646-425-0297

ASTORIA 425 29th Ave
Clean 3.5 BR Apt on 1st flr, 110 BRS,
LR, ba & kit, \$1225/mo, 1 mo rent - 1
mo sec, Nr All, Owner 347-456-8897

Old Mill Basin / E. 58th St. & Ave
J & K ★ Luxury 1 BR apt in 2 Fam,
\$1190/mo, gas/electric incl, 1 mo
rent - 1 mo sec, Owner 718-763-3253

★ **E. Flatbush & Brooklyn All Areas** ★
★ Studios \$700 & Up ★ 1 BR \$800 & Up
★ 2 BR \$1000 & Up ★ 3 BR \$1100 & Up
★ 4 BR \$1200 & Up ★ 5 BR \$1300 & Up
★ 6 BR \$1400 & Up ★ 7 BR \$1500 & Up
★ 8 BR \$1600 & Up ★ 9 BR \$1700 & Up
★ 10 BR \$1800 & Up ★ 11 BR \$1900 & Up
★ 12 BR \$2000 & Up ★ 13 BR \$2100 & Up
★ 14 BR \$2200 & Up ★ 15 BR \$2300 & Up
★ 16 BR \$2400 & Up ★ 17 BR \$2500 & Up
★ 18 BR \$2600 & Up ★ 19 BR \$2700 & Up
★ 20 BR \$2800 & Up ★ 21 BR \$2900 & Up
★ 22 BR \$3000 & Up ★ 23 BR \$3100 & Up
★ 24 BR \$3200 & Up ★ 25 BR \$3300 & Up
★ 26 BR \$3400 & Up ★ 27 BR \$3500 & Up
★ 28 BR \$3600 & Up ★ 29 BR \$3700 & Up
★ 30 BR \$3800 & Up ★ 31 BR \$3900 & Up
★ 32 BR \$4000 & Up ★ 33 BR \$4100 & Up
★ 34 BR \$4200 & Up ★ 35 BR \$4300 & Up
★ 36 BR \$4400 & Up ★ 37 BR \$4500 & Up
★ 38 BR \$4600 & Up ★ 39 BR \$4700 & Up
★ 40 BR \$4800 & Up ★ 41 BR \$4900 & Up
★ 42 BR \$5000 & Up ★ 43 BR \$5100 & Up
★ 44 BR \$5200 & Up ★ 45 BR \$5300 & Up
★ 46 BR \$5400 & Up ★ 47 BR \$5500 & Up
★ 48 BR \$5600 & Up ★ 49 BR \$5700 & Up
★ 50 BR \$5800 & Up ★ 51 BR \$5900 & Up
★ 52 BR \$6000 & Up ★ 53 BR \$6100 & Up
★ 54 BR \$6200 & Up ★ 55 BR \$6300 & Up
★ 56 BR \$6400 & Up ★ 57 BR \$6500 & Up
★ 58 BR \$6600 & Up ★ 59 BR \$6700 & Up
★ 60 BR \$6800 & Up ★ 61 BR \$6900 & Up
★ 62 BR \$7000 & Up ★ 63 BR \$7100 & Up
★ 64 BR \$7200 & Up ★ 65 BR \$7300 & Up
★ 66 BR \$7400 & Up ★ 67 BR \$7500 & Up
★ 68 BR \$7600 & Up ★ 69 BR \$7700 & Up
★ 70 BR \$7800 & Up ★ 71 BR \$7900 & Up
★ 72 BR \$8000 & Up ★ 73 BR \$8100 & Up
★ 74 BR \$8200 & Up ★ 75 BR \$8300 & Up
★ 76 BR \$8400 & Up ★ 77 BR \$8500 & Up
★ 78 BR \$8600 & Up ★ 79 BR \$8700 & Up
★ 80 BR \$8800 & Up ★ 81 BR \$8900 & Up
★ 82 BR \$9000 & Up ★ 83 BR \$9100 & Up
★ 84 BR \$9200 & Up ★ 85 BR \$9300 & Up
★ 86 BR \$9400 & Up ★ 87 BR \$9500 & Up
★ 88 BR \$9600 & Up ★ 89 BR \$9700 & Up
★ 90 BR \$9800 & Up ★ 91 BR \$9900 & Up
★ 92 BR \$10000 & Up ★ 93 BR \$10100 & Up
★ 94 BR \$10200 & Up ★ 95 BR \$10300 & Up
★ 96 BR \$10400 & Up ★ 97 BR \$10500 & Up
★ 98 BR \$10600 & Up ★ 99 BR \$10700 & Up
★ 100 BR \$10800 & Up ★ 101 BR \$10900 & Up
★ 102 BR \$11000 & Up ★ 103 BR \$11100 & Up
★ 104 BR \$11200 & Up ★ 105 BR \$11300 & Up
★ 106 BR \$11400 & Up ★ 107 BR \$11500 & Up
★ 108 BR \$11600 & Up ★ 109 BR \$11700 & Up
★ 110 BR \$11800 & Up ★ 111 BR \$11900 & Up
★ 112 BR \$12000 & Up ★ 113 BR \$12100 & Up
★ 114 BR \$12200 & Up ★ 115 BR \$12300 & Up
★ 116 BR \$12400 & Up ★ 117 BR \$12500 & Up
★ 118 BR \$12600 & Up ★ 119 BR \$12700 & Up
★ 120 BR \$12800 & Up ★ 121 BR \$12900 & Up
★ 122 BR \$13000 & Up ★ 123 BR \$13100 & Up
★ 124 BR \$13200 & Up ★ 125 BR \$13300 & Up
★ 126 BR \$13400 & Up ★ 127 BR \$13500 & Up
★ 128 BR \$13600 & Up ★ 129 BR \$13700 & Up
★ 130 BR \$13800 & Up ★ 131 BR \$13900 & Up
★ 132 BR \$14000 & Up ★ 133 BR \$14100 & Up
★ 134 BR \$14200 & Up ★ 135 BR \$14300 & Up
★ 136 BR \$14400 & Up ★ 137 BR \$14500 & Up
★ 138 BR \$14600 & Up ★ 139 BR \$14700 & Up
★ 140 BR \$14800 & Up ★ 141 BR \$14900 & Up
★ 142 BR \$15000 & Up ★ 143 BR \$15100 & Up
★ 144 BR \$15200 & Up ★ 145 BR \$15300 & Up
★ 146 BR \$15400 & Up ★ 147 BR \$15500 & Up
★ 148 BR \$15600 & Up ★ 149 BR \$15700 & Up
★ 150 BR \$15800 & Up ★ 151 BR \$15900 & Up
★ 152 BR \$16000 & Up ★ 153 BR \$16100 & Up
★ 154 BR \$16200 & Up ★ 155 BR \$16300 & Up
★ 156 BR \$16400 & Up ★ 157 BR \$16500 & Up
★ 158 BR \$16600 & Up ★ 159 BR \$16700 & Up
★ 160 BR \$16800 & Up ★ 161 BR \$16900 & Up
★ 162 BR \$17000 & Up ★ 163 BR \$17100 & Up
★ 164 BR \$17200 & Up ★ 165 BR \$17300 & Up
★ 166 BR \$17400 & Up ★ 167 BR \$17500 & Up
★ 168 BR \$17600 & Up ★ 169 BR \$17700 & Up
★ 170 BR \$17800 & Up ★ 171 BR \$17900 & Up
★ 172 BR \$18000 & Up ★ 173 BR \$18100 & Up
★ 174 BR \$18200 & Up ★ 175 BR \$18300 & Up
★ 176 BR \$18400 & Up ★ 177 BR \$18500 & Up
★ 178 BR \$18600 & Up ★ 179 BR \$18700 & Up
★ 180 BR \$18800 & Up ★ 181 BR \$18900 & Up
★ 182 BR \$19000 & Up ★ 183 BR \$19100 & Up
★ 184 BR \$19200 & Up ★ 185 BR \$19300 & Up
★ 186 BR \$19400 & Up ★ 187 BR \$19500 & Up
★ 188 BR \$19600 & Up ★ 189 BR \$19700 & Up
★ 190 BR \$19800 & Up ★ 191 BR \$19900 & Up
★ 192 BR \$20000 & Up ★ 193 BR \$20100 & Up
★ 194 BR \$20200 & Up ★ 195 BR \$20300 & Up
★ 196 BR \$20400 & Up ★ 197 BR \$20500 & Up
★ 198 BR \$20600 & Up ★ 199 BR \$20700 & Up
★ 200 BR \$20800 & Up ★ 201 BR \$20900 & Up
★ 202 BR \$21000 & Up ★ 203 BR \$21100 & Up
★ 204 BR \$21200 & Up ★ 205 BR \$21300 & Up
★ 206 BR \$21400 & Up ★ 207 BR \$21500 & Up
★ 208 BR \$21600 & Up ★ 209 BR \$21700 & Up
★ 210 BR \$21800 & Up ★ 211 BR \$21900 & Up
★ 212 BR \$22000 & Up ★ 213 BR \$22100 & Up
★ 214 BR \$22200 & Up ★ 215 BR \$22300 & Up
★ 216 BR \$22400 & Up ★ 217 BR \$22500 & Up
★ 218 BR \$22600 & Up ★ 219 BR \$22700 & Up
★ 220 BR \$22800 & Up ★ 221 BR \$22900 & Up
★ 222 BR \$23000 & Up ★ 223 BR \$23100 & Up
★ 224 BR \$23200 & Up ★ 225 BR \$23300 & Up
★ 226 BR \$23400 & Up ★ 227 BR \$23500 & Up
★ 228 BR \$23600 & Up ★ 229 BR \$23700 & Up
★ 230 BR \$23800 & Up ★ 231 BR \$23900 & Up
★ 232 BR \$24000 & Up ★ 233 BR \$24100 & Up
★ 234 BR \$24200 & Up ★ 235 BR \$24300 & Up
★ 236 BR \$24400 & Up ★ 237 BR \$24500 & Up
★ 238 BR \$24600 & Up ★ 239 BR \$24700 & Up
★ 240 BR \$24800 & Up ★ 241 BR \$24900 & Up
★ 242 BR \$25000 & Up ★ 243 BR \$25100 & Up
★ 244 BR \$25200 & Up ★ 245 BR \$25300 & Up
★ 246 BR \$25400 & Up ★ 247 BR \$25500 & Up
★ 248 BR \$25600 & Up ★ 249 BR \$25700 & Up
★ 250 BR \$25800 & Up ★ 251 BR \$25900 & Up
★ 252 BR \$26000 & Up ★ 253 BR \$26100 & Up
★ 254 BR \$26200 & Up ★ 255 BR \$26300 & Up
★ 256 BR \$26400 & Up ★ 257 BR \$26500 & Up
★ 258 BR \$26600 & Up ★ 259 BR \$26700 & Up
★ 260 BR \$26800 & Up ★ 261 BR \$26900 & Up
★ 262 BR \$27000 & Up ★ 263 BR \$27100 & Up
★ 264 BR \$27200 & Up ★ 265 BR \$27300 & Up
★ 266 BR \$27400 & Up ★ 267 BR \$27500 & Up
★ 268 BR \$27600 & Up ★ 269 BR \$27700 & Up
★ 270 BR \$27800 & Up ★ 271 BR \$27900 & Up
★ 272 BR \$28000 & Up ★ 273 BR \$28100 & Up
★ 274 BR \$28200 & Up ★ 275 BR \$28300 & Up
★ 276 BR \$28400 & Up ★ 277 BR \$28500 & Up
★ 278 BR \$28600 & Up ★ 279 BR \$28700 & Up
★ 280 BR \$28800 & Up ★ 281 BR \$28900 & Up
★ 282 BR \$29000 & Up ★ 283 BR \$29100 & Up
★ 284 BR \$29200 & Up ★ 285 BR \$29300 & Up
★ 286 BR \$29400 & Up ★ 287 BR \$29500 & Up
★ 288 BR \$29600 & Up ★ 289 BR \$29700 & Up
★ 290 BR \$29800 & Up ★ 291 BR \$29900 & Up
★ 292 BR \$30000 & Up ★ 293 BR \$30100 & Up
★ 294 BR \$30200 & Up ★ 295 BR \$30300 & Up
★ 296 BR \$30400 & Up ★ 297 BR \$30500 & Up
★ 298 BR \$30600 & Up ★ 299 BR \$30700 & Up
★ 300 BR \$30800 & Up ★ 301 BR \$30900 & Up
★ 302 BR \$31000 & Up ★ 303 BR \$31100 & Up
★ 304 BR \$31200 & Up ★ 305 BR \$31300 & Up
★ 306 BR \$31400 & Up ★ 307 BR \$31500 & Up
★ 308 BR \$31600 & Up ★ 309 BR \$31700 & Up
★ 310 BR \$31800 & Up ★ 311 BR \$31900 & Up
★ 312 BR \$32000 & Up ★ 313 BR \$32100 & Up
★ 314 BR \$32200 & Up ★ 315 BR \$32300 & Up
★ 316 BR \$32400 & Up ★ 317 BR \$32500 & Up
★ 318 BR \$32600 & Up ★ 319 BR \$32700 & Up
★ 320 BR \$32800 & Up ★ 321 BR \$32900 & Up
★ 322 BR \$33000 & Up ★ 323 BR \$33100 & Up
★ 324 BR \$33200 & Up ★ 325 BR \$33300 & Up
★ 326 BR \$33400 & Up ★ 327 BR \$33500 & Up
★ 328 BR \$33600 & Up ★ 329 BR \$33700 & Up
★ 330 BR \$33800 & Up ★ 331 BR \$33900 & Up
★ 332 BR \$34000 & Up ★ 333 BR \$34100 & Up
★ 334 BR \$34200 & Up ★ 335 BR \$34300 & Up
★ 336 BR \$34400 & Up ★ 337 BR \$34500 & Up
★ 338 BR \$34600 & Up ★ 339 BR \$34700 & Up
★ 340 BR \$34800 & Up ★ 341 BR \$34900 & Up
★ 342 BR \$35000 & Up ★ 343 BR \$35100 & Up
★ 344 BR \$35200 & Up ★ 345 BR \$35300 & Up
★ 346 BR \$35400 & Up ★ 347 BR \$35500 & Up
★ 348 BR \$35600 & Up ★ 349 BR \$35700 & Up
★ 350 BR \$35800 & Up ★ 351 BR \$35900 & Up
★ 352 BR \$36000 & Up ★ 353 BR \$36100 & Up
★ 354 BR \$36200 & Up ★ 355 BR \$36300 & Up
★ 356 BR \$36400 & Up ★ 357 BR \$36500 & Up
★ 358 BR \$36600 & Up ★ 359 BR \$36700 & Up
★ 360 BR \$36800 & Up ★ 361 BR \$36900 & Up
★ 362 BR \$37000 & Up ★ 363 BR \$37100 & Up
★ 364 BR \$37200 & Up ★ 365 BR \$37300 & Up
★ 366 BR \$37400 & Up ★ 367 BR \$37500 & Up
★ 368 BR \$37600 & Up ★ 369 BR \$37700 & Up
★ 370 BR \$37800 & Up ★ 371 BR \$37900 & Up
★ 372 BR \$38000 & Up ★ 373 BR \$38100 & Up
★ 374 BR \$38200 & Up ★ 375 BR \$38300 & Up
★ 376 BR \$38400 & Up ★ 377 BR \$38500 & Up
★ 378 BR \$38600 & Up ★ 379 BR \$38700 & Up
★ 380 BR \$38800 & Up ★ 381 BR \$38900 & Up
★ 382 BR \$39000 & Up ★ 383 BR \$39100 & Up
★ 384 BR \$39200 & Up ★ 385 BR \$39300 & Up
★ 386 BR \$39400 & Up ★ 387 BR \$39500 & Up
★ 388 BR \$39600 & Up ★ 389 BR \$39700 & Up
★ 390 BR \$39800 & Up ★ 391 BR \$39900 & Up
★ 392 BR \$40000 & Up ★ 393 BR \$40100 & Up
★ 394 BR \$40200 & Up ★ 395 BR \$40300 & Up
★ 396 BR \$40400 & Up ★ 397 BR \$40500 & Up
★ 398 BR \$40600 & Up ★ 399 BR \$40700 & Up
★ 400 BR \$40800 & Up ★ 401 BR \$40900 & Up
★ 402 BR \$41000 & Up ★ 403 BR \$41100 & Up
★ 404 BR \$41200 & Up ★ 405 BR \$41300 & Up
★ 406 BR \$41400 & Up ★ 407 BR \$41500 & Up
★ 408 BR \$41600 & Up ★ 409 BR \$41700 & Up
★ 410 BR \$41800 & Up ★ 411 BR \$41900 & Up
★ 412 BR \$42000 & Up ★ 413 BR \$42100 & Up
★ 414 BR \$42200 & Up ★ 415 BR \$42300 & Up
★ 416 BR \$42400 & Up ★ 417 BR \$42500 & Up
★ 418 BR \$42600 & Up ★ 419 BR \$42700 & Up
★ 420 BR \$42800 & Up ★ 421 BR \$42900 & Up
★ 422 BR \$43000 & Up ★ 423 BR \$43100 & Up
★ 424 BR \$43200 & Up ★ 425 BR \$43300 & Up
★ 426 BR \$43400 & Up ★ 427 BR \$43500 & Up
★ 428 BR \$43600 & Up ★ 429 BR \$43700 & Up
★ 430 BR \$43800 & Up ★ 431 BR \$43900 & Up
★ 432 BR \$44000 & Up ★ 433 BR \$44100 & Up
★ 434 BR \$44200 & Up ★ 435 BR \$44300 & Up
★ 436 BR \$44400 & Up ★ 437 BR \$44500 & Up
★ 438 BR \$44600 & Up ★ 439 BR \$44700 & Up
★ 440 BR \$44800 & Up ★ 441 BR \$44900 & Up
★ 442 BR \$45000 & Up ★ 443 BR \$45100 & Up
★ 444 BR \$45200 & Up ★ 445 BR \$45300 & Up
★ 446 BR \$45400 & Up ★ 447 BR \$45500 & Up
★ 448 BR \$45600 & Up ★ 449 BR \$45700 & Up
★ 450 BR \$45800 & Up ★ 451 BR \$45900 & Up
★ 452 BR \$46000 & Up ★ 453 BR \$46100 & Up
★ 454 BR \$46200 & Up ★ 455 BR \$46300 & Up
★ 456 BR \$46400 & Up ★ 457 BR \$46500 & Up
★ 458 BR \$46600 & Up ★ 459 BR \$46700 & Up
★ 460 BR \$46800 & Up ★ 461 BR \$46900 & Up
★ 462 BR \$47000 & Up ★ 463 BR \$47100 & Up
★ 464 BR \$47200 & Up ★ 465 BR \$47300 & Up
★ 466 BR \$47400 & Up ★ 467 BR \$47500 & Up
★ 468 BR \$47600 & Up ★ 469 BR \$47700 & Up
★ 470 BR \$47800 & Up ★ 471 BR \$47900 & Up
★ 472 BR \$48000 & Up ★ 473 BR \$48100 & Up
★ 474 BR \$48200 & Up ★ 475 BR \$48300 & Up
★ 476 BR \$48400 & Up ★ 477 BR \$48500 & Up
★ 478 BR \$48600 & Up ★ 479 BR \$48700 & Up
★ 480 BR \$48800 & Up ★ 481 BR \$48900 & Up
★ 482 BR \$49000 & Up ★ 483 BR

AT HOME WITH metro



PARKCHESTER

A GREAT PLACE TO LIVE

Market watch



CHEAPEST
\$199K

352 W. 48th St.
The cheapest unit listed this week is an income-restricted one-bedroom at 352 W. 48th St. The co-op, with 500 square feet, new appliances and hardwood floors, is listed by C Townley Real Estate for \$199,000.



PRICIEST
\$19.9M

105 E. 73rd St.
The most expensive property listed is a five-story townhouse at 105 E. 73rd St. This 10,000-square-foot home, with triple exposures, is listed by Stribling for \$19,900,000.

STREET EASY

StreetEasy.com is a New York-based real estate information portal that aggregates the most comprehensive set of sale and rental listings along with other useful info.



PARKCHESTER'S ONE AND TWO BEDROOM RENTAL APARTMENTS COMBINE GREAT VALUE AND A FULFILLING LIFESTYLE

Savvy New Yorkers have discovered that Parkchester is the smart alternative to High Manhattan Rents. People from all walks of life and people of all ages who want to live in spacious, bright rental apartments with all of today's amenities are moving to Parkchester which many are calling "the best rental value in New York City."

Traditional one bedroom apartments in Parkchester rent for as low as \$950 per month and two bedroom apartments start at \$1300 per month. All of these rental apartments in Parkchester have a window in every bathroom and a window in every kitchen. Kitchens are modern and fully equipped and bathrooms have a full tub and shower.

Every apartment has generous closets, hardwood floors and large foyers. There is new heavy duty wiring to support air conditioning and all appliances. Fios and high speed internet connections are available. In addition to the traditional and one and two bedroom apartments Parkchester also offers Premier apartments with rentals starting at \$1300 per month.

Parkchester's residents include artists, students, teachers, and retirees, shopkeepers and social workers, policemen, firefighters, physicians, nurses and other professionals, a broad and exciting mix of people.

But, affordable rents and civilized spaces are only part of the reason New Yorkers enjoy living in Parkchester. It is, in the truest sense of the word, a community where tenants have discovered a richer more fulfilling life. Parkchester's buildings are surrounded by lawns, trees, flower gardens and fountains. In addition, Parkchester has its own commercial village with many supermarkets, specialty shops, restaurants and national brand stores including Macy's and Starbucks. Parkchester had its own Post Office, a first run multi-screen movie theatre, and many medical and dental offices. Parkchester has its own subway station on the MTA #6 line from which one can reach Grand Central Station in just 30 minutes. There is also a regular schedule of fast frequent express buses to midtown 7 days a week. Residents can park their cars on the street or in indoor garages. The Cross Bronx Expressway and major parkways are just minutes away.



Prospective tenants are invited to attend an Open House and to view model apartments. Currently apartments are available for immediate occupancy. Open Houses are held on Tuesday and Thursday from 5:00 pm to 7:45 pm and on Saturday from 9 am to 12:45 pm. To make an appointment and for directions to the open house please call 718-412-4695 or visit us online at: www.parkchesternyc.com

No-Fee Rentals. Newly Renovated.

1 BRS FROM \$1,400/MONTH | 2 BRS FROM \$1,650/MONTH

- Spacious Layouts
- Stainless Steel Appliances
- Private, Gated Community
- Elevator Buildings
- Landscaped Courtyard with Basketball Court, Children's Play Area and Seating Areas
- Immediate Occupancy

Call (866) 870-8102 for an appointment

What is this? Scan this QR Code with your Smartphone QR Reader and immediately view all available apartments at Riverton Square. Don't have a QR Code Reader? Visit qread.mobi on your phone to download one now.

Scan Me!

LEASING OFFICE 2150 Madison Ave
www.riverton-square.com

A FULFILLING LIFESTYLE FOR ALL IN MANHATTAN
Beverly Greenberg, Inc.

NEWLY CONSTRUCTED APARTMENTS FOR RENT

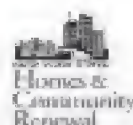
200 East 125th Street Apartments is pleased to announce that applications are now being accepted for 28 affordable housing rental apartments now under construction at **200 East 125th Street** in the **East Harlem** section of **Manhattan**. This building is being constructed through the Low Income Rental Program (LIRP) of the New York City Department of Housing Preservation and Development (HPD) and the Tax Credit Assistance Program (TCAP) of the New York State Homes and Community Renewal (HCR). The size, rent and targeted income distribution for the 28 apartments are as follows:

Apartments Available	Apartment Size	Household Size	Monthly Rent*	Total Annual Income Range**
				Minimum Maximum
6	Studio	1	\$799	\$27,393 - \$33,300
7	1 Bedroom	1	\$851	\$29,176 - \$33,300
		2		\$29,176 - \$38,040
10	2 Bedroom	2	\$1017	\$34,867 - \$38,040
		3		\$34,867 - \$42,780
		4		\$34,867 - \$47,520
5	3 Bedroom	4	\$1176	\$40,319 - \$47,520
		5		\$40,319 - \$51,360
		6		\$40,319 - \$55,140

*Includes gas for heat and cooking **Income guidelines subject to change

Qualified applicants will be required to meet income and family size guidelines and additional selection criteria to qualify. Applications may be **DOWNLOADED** from: www.200east125.com or requested by regular mail from: **200 East 125th Street Apartments c/o: Richman Property Services, Inc., PO Box 5574, New York, NY 10027.** Please include a self-addressed envelope with your request. Completed applications must be returned by **regular mail only** (no priority, certified, registered, express or overnight mail will be accepted) to a post office box number that will be listed with the application, and must be postmarked by **September 29, 2011**. Applications postmarked after **September 29, 2011** will be set aside for possible future consideration. Applications will be selected by lottery; applicants who submit more than one application will be disqualified. Duplicate applications will not be accepted. Preference will be given to New York City residents. Current and eligible residents of **Community Board 11** will receive preference for 50% of the units. Eligible households that include persons with visual and/or hearing impairments will receive preference for 2% of the units; and eligible City of New York Municipal Employees will receive a 5% preference.

No Brokers Fee. No Application Fee.



ANDREW M. CUOMO, Governor
MICHAEL R. BLOOMBERG, Mayor
Department of Housing Preservation and Development
Mathew M. Wambua, Commissioner
New York State Homes and Community Renewal
Darryl C. Towns, Commissioner/CEO
www.nyc.gov/housing



MANHATTAN QUALITY MANHATTAN LOCATION UNBEATABLE PRICES

Introducing 119th & Third, luxury no-fee rentals for sophisticated New Yorkers who like to be a step ahead of the curve. 119th & Third offers exquisite features and the ultimate in amenities:

- 24-7 attended lobby
- Incredible views
- Sunlit, state-of-the-art gym
- Rooftop terraces & private cabanas
- Self parking under building
- Close to subways
- Marble bathrooms
- Floor-to-ceiling windows
- Washer-Dryer in every apartment
- Real wood floors
- 9' - 9' 9" ceiling heights
- Open kitchens - granite/stainless steel

119TH & THIRD

98% OCCUPIED

One Bedrms starting
at \$2,500/mo*

2BR/2 Baths starting
at \$3,190/mo*

212.289.0800
119THANDTHIRD.COM

Rental Office: 181 East 119th Street
Monday, Wednesday, Thursday,
Friday & Saturday 12-6pm.
Tuesday & Sunday by appointment.
For additional information,
please e-mail Akadric@Walstead.com
*Not effective rent



NO BROKER FEE • IMMEDIATE OCCUPANCY
THE BEST RENTAL VALUE IN NEW YORK CITY

PARKCHESTER

HALF
MONTH
RENT

FREE

IF YOU
SIGN BY
AUG 15

ON 1 BEDROOM APTS AS LOW AS **\$950** PER MO

2 BEDROOM APTS AS LOW AS **\$1300** PER MO

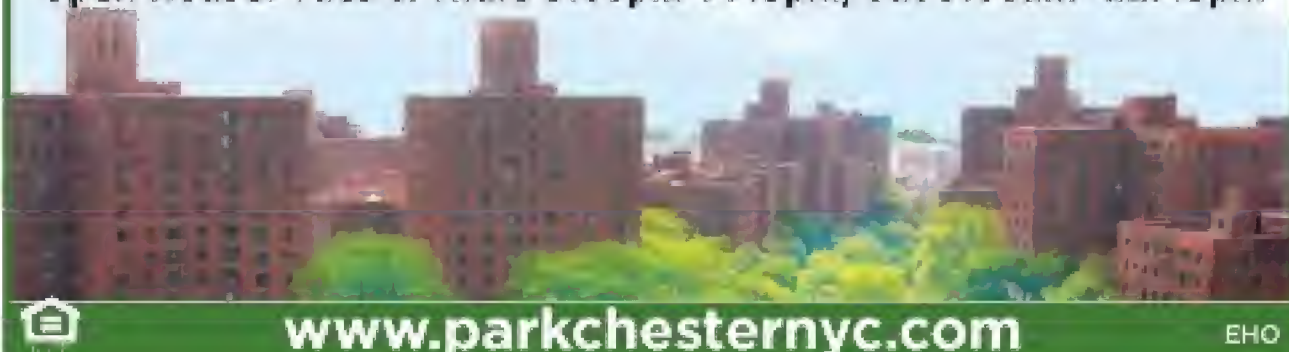
These are large apts with unbelievable features and amenities. FiOS and high speed internet connections are available. New York City living in park like community 30 minutes from midtown via MTA #6 subway or fast frequent MTA Express Buses.

SEE OUR MODEL APTS AND OUR *Premier* APARTMENT COLLECTION

SCHEDULE AN APPOINTMENT BY PHONE OR ONLINE

718-412-4695

Open House: Tues & Thurs 5:00pm-7:45pm, Sat 9:00am-12:45pm



www.parkchesternyc.com

EHO

Pimp my gadgets

► Lifestyle-technology expert Janna Robinson introduces us to the latest home electronics ► Five ways to be more tech-savvy

We watch in awe and (ahem) envy on our chunky TVs as lifestyle-technology expert Janna Robinson installs state-of-the-art gadgets in the homes of celebrities such as Oliver Stone and Kevin Connolly on her DIY Network show "Hollywood Hi-Tech." Not yet ready for a home theater in your studio apartment? No prob. Robinson recommends five must-have items to keep you up to speed. **METRO**

Tune in

'Hollywood Hi-Tech'
Wednesdays
9:30 p.m.
DIY Network

1. Streaming device

Our TVs are becoming an entertainment hub with the help of streaming services like Netflix and Amazon VOD. They give us access to a much wider array of content. You can use an Internet-connected entertainment device, like a gaming console, Roku, Apple TV or Blu-ray player to stream your favorite movies and shows. I am a big movie buff, so streaming is important to me. I stream Netflix in my living room via my Panasonic Viera HDTV and use my Panasonic Blu-ray player in the bedroom. I am never far from my favorite films.



► Robinson helped Kevin Connolly get the screening room of his dreams ... perhaps for an "Entourage" series finale viewing?

2. Digital tablet

Tablets are a multifunctional device. They are lightweight, compact and easy to use — and they have a long battery life. Whether you choose an iPad, HP TouchPad, Samsung Galaxy Tab or one of the many others in the marketplace, a tablet is a great way to lighten your load. I like to use my iPad for presentations, streaming movies on long flights and catching up on my reading.

3. Universal remote

Put a stop to the madness and curtail the clutter by using one remote control for all of your home entertainment devices. Logitech and URC offer some great selections. If you are feeling particularly technically inclined, convert your smartphone and/or tablet into your remote control by downloading an app that will control all of your electronic devices.

GET MORE METRO ONLINE:
WWW.METRO.US/HOME



4. Wireless music system

Wireless music systems give you the freedom to listen to music anywhere in your house without having to worry about running wires. You can listen to the same music or a different selection in every room — and even in your backyard. Companies like Sonos, Logitech's Squeezebox Boom and Sony AirPlay offer affordable and easy-to-use audio solutions.

5. Surge protector

Safeguard your home electronic system, computers, peripherals, etc. from power outages and/or lightning strikes — which can only take a second to destroy your expensive equipment. Companies like Belkin, APC, Monster Cable among many others, have some great products. Entertainment systems tend to be one of the biggest energy drains in a household, and Belkin's Conserve line can put your AV components on standby when not in use, ultimately saving you money on your energy consumption.

Attention Property Managers & Owners

Would you like to have ZABARS.com
on your list of amenities?

ZABARS®

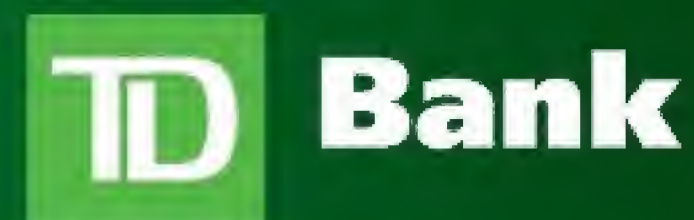
Contact Russ at

Rgoldshine@zabars.com
or Call him at 212-787-2000, ext.109

THE FIRST STOP FOR FIRST-TIME HOMEBUYERS.


- Great rates on FHA loans — PLUS an additional .50% interest rate reduction to qualified low- to moderate-income buyers¹
- No hidden fees or surprises
- Guaranteed same-day loan decision and on-time closing on purchase loans — or you get \$500²
- FREE step-by-step First-Time Homebuyers' Kit available in TD Bank Stores and online

To apply, visit your nearest TD Bank, call 1-866-502-6830 or connect to www.tdbank.com/firsthome



America's Most Convenient Bank®

OPEN 7 DAYS • LEGENDARY SERVICE • HASSLE-FREE BANKING

¹Low- and moderate-income borrowers have a verified qualifying income which is less than 80% of HUD median. ²Guarantee does not apply to applications for refinance, pre-approvals, home equity products and loans exceeding \$3,000,000. One \$500 payment per individual guarantee. Guarantee is not valid if loan amount or product changes. Same-day decision and on-time closing guarantees subject to receipt of required information and documents. For purposes of the guarantee, "same day" is within 24 hours of receipt of required information, excluding Saturday, Sunday and federal holidays. Closing date will be mutually agreed upon. Offer subject to change at any time. Most Stores open 7 days. Equal Housing Lender  Member FDIC | TD Bank, N.A.

LOEHMANN'S

semi-annual italian event

starts today!

italian designer arrivals
in the back room

50% to 80% off*

sportswear, shoes,
handbags, outerwear,
accessories & more!

*Savings off department store prices. Styles shown subject to prior sale. 2011

CHELSEA 7th avenue at 16th street
UPPER WEST SIDE broadway at 73rd
WHITE PLAINS • SHEEPSHEAD BAY • PARAMUS

visit loehmanns.com for a store nearest you